

**GREEN SPINACH
COCONUT CURRY**



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SERVINGS
4



TIME
55 min



GF



NF



SF

INGREDIENTS

½ cup (110 g) dry chana dal (split chickpeas), soaked overnight

½ cup (100 g) dry mung beans, soaked overnight

6 cups (1.5 L) boiling water

1 Tbsp (15 mL) vegetable oil

2 medium onions, chopped

4 cloves garlic, minced

2 tsp (6 g) fresh ginger, minced

1 red chili pepper, finely chopped

1 Tbsp (16 g) tomato paste

1 tsp (2 g) ground cumin

1 tsp (2 g) ground coriander

1 tsp (4 g) garam masala

½ tsp ground turmeric

½ tsp salt

1 large tomato, chopped

8 cups (240 g) fresh spinach, divided

1 can (400 mL) coconut milk

1 Tbsp (15 mL) fresh lemon juice (the juice from about ½ a lemon)

Optional Garnish

Fresh cilantro, roughly chopped

Lemon wedges

Chili flakes

DIRECTIONS

1. To a large pot, add the drained chana dal and water. Cook uncovered at a gentle simmer for 20 minutes.
2. Then add the drained mung beans to the same pot and let it cook uncovered for another 15 minutes.
3. Heat another large pot over medium-high heat, and add the oil and onions. Cook for 3 - 4 minutes, or until the onions become translucent.
4. Add the garlic, and ginger and cook for another 2 - 3 minutes.
5. Add in the chili, tomato paste, spices, and salt. Cook for 1 - 2 minutes, or until fragrant.
6. Add the chopped tomato to the pot and turn the heat to low, while you check on the legumes.
7. Once the legumes are cooked, first remove ½ cup (80 mL) of the cooking liquid and transfer this to a blender. Then pour the contents of the pot into a strainer to drain the liquid.
8. Place 4 cups of spinach to the blender as well, and blend on high until smooth.
9. Returning to the pot with the onions, add in the blended spinach, together with the cooked chana dal, mung beans, and coconut milk. Return the heat to medium-high and let this heat up, while you chop the remaining 4 cups of spinach. Add this to the pot as well, cooking for another 2 - 3 minutes, or until the spinach is softened.
10. Just before serving, add in the lemon juice and stir.
11. Serve the curry with rice and top with coriander and lemon wedges. Enjoy!

NOTES

- **Variations:** add in any veggies you'd like, such as bell pepper, mushrooms, or broccoli.
- **Speed-it-up:** try adding pre-cooked legumes of your choice, such as cooked chickpeas or cooked lentils right into the curry at the end.
- **Storage:** the curry can be stored in an air-tight container in the fridge for up to 3 days.