



# Theresa & Saira's Rhubarb Lentil Curry

BASED ON GREAT BRITISH CHEFS RHUBARB AND LENTIL CURRY & LOWLY FOOD  
SAVOURY RHUBARB AND CINNAMON RED LENTIL CURRY

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## Ingredients

1 tsp each of cumin seed* and coriander seed	1.5 c dry lentils red (faster) or brown (longer)	1/2 bunch fresh cilantro, chopped
2 tsp olive oil or clarified butter	Boiling water or stock/broth	* or replace all spices with 1-2 Tbsp of curry paste at the
1 med onion chopped	1-2 inch fresh ginger minced	Tbsp of curry paste at the beginning/or 1 Tbsp Curry
2 spring garlic stalks, minced, green tops and all	5-7 stalks chopped rhubarb	powder with the onions
1 tsp ground turmeric*	1/2 c frozen tomatoes	Optional: cubes of paneer or extra firm tofu
1 chili pepper minced*	1/2 tsp salt or to taste	
1 sweet potato, cubed	1 tsp garam masala* or 1/4 tsp cinnamon*	
	1/2 bag spinach	



## Directions

1. Dry toast cumin and coriander seeds in heated dry pan over medium-low heat. Remove and grind.
2. Heat olive oil low-medium heat in pot. Add in ground cumin & coriander (or curry paste)
3. Add chopped onions and cook until soft (add bits of water if dry).
4. Add spring garlic and stir in turmeric and minced chili pepper (or curry powder).
5. Stir in sweet potato and lentils and enough boiling water/stick/broth to just cover.
6. Bring to boil then reduce heat to simmer and cover pot with lid until sweet potato is just tender and lentils soft. If lentils not soft, add a pinch or two of sodium bicarbonate and let simmer again.
7. Stir in ginger, rhubarb, garam masala (or more curry paste to taste), tomatoes. Cook on low heat until rhubarb tender. Could also add paneer or tofu.
8. Stir in spinach and chopped cilantro just before serving.