



## 30-Minute Vegan persiMon® Curry for Two

Curry is my go-to cozy fall/winter dish, and this one is my favourite recipe yet! I love adding sweetness to my savoury dishes and in this curry we achieve that with these gorgeous persiMon® from Spain!

### Makes 2 servings

Credit: [www.itslivb.com](http://www.itslivb.com)

### Ingredients

- 1 persiMon®, peeled and chopped (about  $\frac{3}{4}$  cup)
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 bell pepper, chopped
- 2 carrots, diced
- $\frac{1}{2}$  tsp each fennel seed, cumin seed, ground coriander
- 2 tsp curry powder
- 14 oz. can coconut milk
- 1 cup vegetable broth
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  cup red lentils
- 1 tsp lemon juice

### Preparation

In a pot on medium heat, add 1 tbsp olive oil and onion. Cook, stirring frequently, about 4 minutes until onion becomes translucent. Add garlic, bell pepper, carrot and persiMon®. Cook about 4-5 minutes until the vegetable soften slightly.

Add the other 1 tbsp olive oil, fennel seed, cumin seed, ground coriander, curry powder and stir to combine. Add coconut milk, vegetable broth and lentils.

Cover and bring to a low simmer over medium/low heat. Cook, stirring frequently for about 10 minutes, until lentils are cooked.

Once lentils are cooked, add salt and lemon juice and stir to combine. Taste and adjust seasoning if desired.

Allow to cool slightly before serving. Recommended to serve over rice and vegan Naan.

