

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

INGREDIENTS

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



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.

Source: www.itslivb.com

