Yellow Lentil Curry with Coconut milk

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Ingredients

• 1 - 2 tablespoons organic extra virgin coconut oil
• 1/2 cup yellow or red onions, diced (about half a medium onion)
• 1 clove garlic, bruised and left whole (can be chopped if you love garlic)
• 1 sprig curry leaves
• 2 whole dried red chillies, broken in two and seeds removed (or 1/2 teaspoon crushed red pepper)
• 1/2 teaspoon black mustard seeds
• 8 - 10 fenugreek seeds
• 1 teaspoon powdered turmeric
• 1 cup masoor lentils (red lentils), washed and drained
• 1 cup coconut milk (canned)
• 2 cups water
• 1/2 - 1 teaspoon fine grain sea salt

Directions

1. On medium heat saute onions with oil. When the onions are softened, add the garlic clove and curry leaves. When onions start browning add red chillies, fenugreek seeds and mustard seeds. As soon as the mustard seed start popping, add the turmeric and cook for about 10 seconds till fragrant.

2. Add coconut milk, water and lentils. Cook on medium low heat, stirring occasionally, till lentils are cooked through. In about 20 minutes, lentils should be done and more water can be added if want a soupier curry. Add salt to taste and take off heat.