

Layered Lentil Curry Bowl

2 servings (or just one if this is your entire meal!!)

- 1 cup green or brown lentils
 - 3 tablespoons of South Coast Spice
 - 2 garlic cloves finely chopped
 - ½ teaspoon gingerroot finely grated
 - Two medium finely chopped Tomatoes, divided
 - ½ cup (about 4 tablespoons) finely chopped red onion
 - ½ cup fried thin Garbanzo flour noodles (available in Indian groceries, by the name 'Thin Sev'- 'Surati' is a good brand)
 - One Serrano chili deseeded and finely chopped
 - 2 tablespoons cilantro finely chopped
 - 1 sprig Curry leaves (optional- available in Indian grocery stores)
 - ½ teaspoon salt
 - 1 tablespoon dark sugar
 - 2 tablespoons oil
 - 3 cups water for soaking plus 2 ½ cups for cooking
1. Rinse and soak lentils covered in 3 cups of warm water for 45 min to 1 hour. Drain water.
 2. Heat oil in a medium cooking pan. Add spice blend and sauté lightly for 1 minute until spices are aromatic (take care to not burn spices).
 3. Add curry leaves, ginger, green chili, garlic, half of diced tomatoes, and salt and cook on medium high heat until tomatoes are tender, about 4 minutes. Stir frequently.
 4. Fold in lentils, and simmer with 2 ½ cups of water for 15-20 minutes covered, on medium low heat, until lentils are tender but not mushy (unless you like them so).
 5. Divide finished lentils into two serving bowl, and top each with 2 tablespoons each of diced onions and tomatoes and ¼ cup Sev (Garbanzo noodles)
 6. Garnish with chopped cilantro and serve hot with soft dinner rolls pan-toasted with butter, or enjoy as a sumptuous meal by itself!

Timesaver Tips : Use a slow cooker insert to soak lentils, then add the rest of the ingredients, mix, and set to cook, or substitute with precooked lentils from Trader Joe's.