



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Lentils Thai Style

Suggestions: a dish rich in iron, phosphorus, zinc, potassium, magnesium, calcium, manganese, vitamin C, B6 and folate. It has a satisfying taste, easy to make and perfect for Spring when you need some good nutritious food!

Instructions

olive oil



Heat in a pan some extra virgin olive oil with some finely chopped onions, garlic and fresh chillies.



Stir it and add some coconut cream flakes, some coriander powder, cumin powder or seeds and garam masala.



Stir it well and after a while add some green lentils that you soaked for few hours, mix it all together and add some arame seaweeds that you have previously ground.



sea salt



When it is starting to dry, add some sieved tomato sauce, mix it and add some salt before letting it cook for a while.



Check that it doesn't stick and when it starts looking almost cooked, add some coconut milk and some chopped Thai basil.
Let it finish cooking, taste it to find out if it requires any more salt and serve it once it has settled down and it is still creamy and hot.



If you like this recipe, I would like to read your comments!
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