

Curried Spinach Rice Lentil Bake

Ingredients

- ⅔ cup raw brown lentils
- 2⅔ cups water
- 1 cup chopped onion (yellow or red)
- 1 bunch fresh spinach (approximately 10 oz, finely chopped)
- 1 clove garlic (finely chopped)
- 3 tbsp olive or canola oil
- 2 tsp yellow curry powder
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1 cup brown rice
- 2 cups coconut milk

Instructions

1. Cook Lentils: Measure the lentils into a strainer, pick over and remove any stones. Rinse thoroughly under running water. Transfer rinsed lentils to a saucepan, add 1-1/3 cup of water to lentils. On a stove top, bring the water to a boil then set the heat to medium low to simmer for 25 minutes.
2. In another saucepan, add brown rice and 1-1/3 cup of water. On a stove top, bring the water to a boil then set heat to low to simmer for 10 minutes.
3. While lentils and rice are cooking, use knife or food processor to chop onions, garlic, and spinach into fine pieces.
4. Preheat oven to 350 °F. In a large skillet, heat oil over medium-high heat. Add chopped onions and garlic; then stir until onions are translucent and softened. Stir in rice, curry powder, salt and pepper; cook 2 more minutes. Add chopped spinach, cooked lentils and coconut milk; cook for 1 minute.
5. Transfer the lentil rice mixture to an oven safe dish; cover with oven safe lid or aluminum foil and bake 35 minutes.

Notes

1. For cooking lentils, the ratio of water to lentil is essential. Excess water will make the lentils too soft and break the shape of lentils. ½ cup raw lentils usually yields 1½ cups cooked lentils.
2. Keep extra top space in the oven safe dish for expansion while baking in oven. I normally leave 2 inches of unfilled space on top.
3. The assembled dish can be prepared one day before baking and stored in fridge. If the dish goes right from the fridge to the oven, an extra 10 minutes baking time is needed.
4. I have used Chinese brown rice and it takes much longer to cook. In this recipe I used American brown rice (Uncle Ben's brand).
5. The consistency of different brands and packages of coconut milk are different. In this recipe I used full-fat coconut milk from a can.

Courtesy Of <http://lightorangebean.com>

Enjoy 😊