

## Red Thai Curry with Vegetables and Black Lentils

Serves 4

Approximate preparation time: 30-40 minutes



VEGETARIAN



Quantity	Ingredients	Preparation
<b>Lentil curry</b>		
2 tbsp	olive oil	Finely chop the garlic and onions and fry in a pan with olive oil. After a few minutes, add
1	onion (small)	
1 clove	garlic	Roughly chop the pineapple and vegetables, place in the pan and sauté with butter. Add
0.5 tsp	curry powder	
170 g	pineapple	Dissolve the vegetable stock in water and use
70 g	aubergine	
35 g	button mushrooms	cooked. Finish with salt and yogurt.
65 g	red pepper	
65 g	courgette	
90 g	tomatoes	
65 g	lentils	
1 tbsp	butter	
2.5 dl	water	
1 tbsp	vegetable stock	
2 tbsp	yoghurt	
3 pinches	salt	
<b>Rice with cauliflower</b>		
290 g	cauliflower	Break the cauliflower into very small florets, cook the basmati rice according to the instructions and add the cauliflower pieces after about halfway through the cooking time.
290 g	basmati rice	
<b>Emma's salad</b>		
5 g	dill	Finely chop the dill and chives and mix well with the mustard, olive oil, pepper, salt and vinegar for the sauce. Roughly chop the tomatoes and cucumber, wash the lettuce and serve with the tomatoes and the sauce.
1 tsp	mustard	
2 tbsp	olive oil	
2 pinches	pepper	
3 pinches	salt	
1 tbsp	wine vinegar	
2 tbsp	vinegar	
6 g	chives	
230 g	cucumber	
140 g	tomatoes	
130 g	lamb's lettuce	

### Fun fact:

Lentils are considered an important meat substitute thanks to their high protein and vitamin B content.