

Balti Beans and Lentils

Number of Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients

- 1 small onion diced
- 4 cloves garlic, minced
- 1 tbsp coconut oil, or vegetable oil
- 3 tbsp Patak's Balti
- 1/2 tsp tumeric
- 1/2 tsp coriander
- 1/2 cup black lentils (or french lentils)
- 2 cups water
- 2 cups fresh or frozen green beans, cut into bite size pieces,
- 3 tbsp almond butter

Instructions

Start by frying the onion and garlic in coconut oil. Any vegetable oil will work, but coconut oil leaves a distinct flavour on the dish without being overpowering.

Add the Patak's, water, spices and lentils. If you are using fresh green beans, cook lentils for 20-30 minutes until softened but not cooked completely, then add green beans and cook another 10 minutes. For frozen beans, cook lentils until soft, then add green beans and cook until beans are hot. By adding the frozen green beans at the last, they will stay as crunchy as possible.

Don't forget to stir in Almond Butter before serving.