





Curried Lentil Stew

with Yogurt and Crispy Shallots

 30-40min  4 Servings

We think that everything is made even better with a topping of crispy, fried shallots, and this richly flavored lentil curry is no exception. The oil used to fry the shallots is too tasty to discard, so we stir a little into the yogurt and then drizzle more onto the lentils before serving. Cook, relax, and enjoy!

What we send

- fresh ginger
- cilantro
- basmati rice
- shallot
- fingerling potatoes
- curry powder
- cumin seeds
- French green lentils

What you need

- coarse salt
- freshly ground black pepper

Tools

- fine-mesh sieve
- large pot
- small pot
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

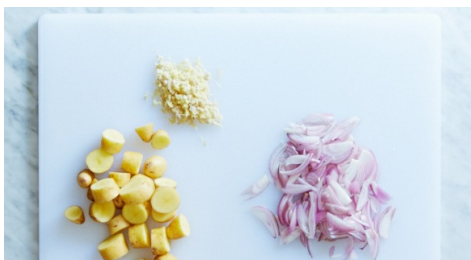
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 835.0kcal, Fat 21.7g, Proteins 31.0g, Carbs 120.1g



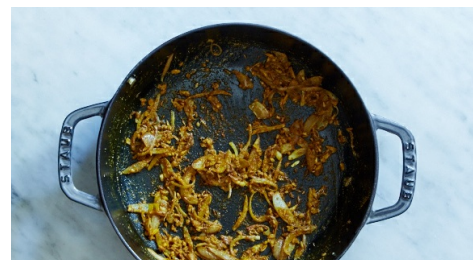
1. Prep ingredients

Peel and finely chop ginger. Halve, peel, and thinly slice shallots. Cut potatoes into 1-inch pieces.



4. Make rice

Meanwhile, rinse rice in a fine-mesh sieve under running water until water runs clear. Shake excess water and transfer to a small pot. Add 2 cups water and ¼ teaspoon salt and bring to a boil. Cover, lower heat, and simmer until water is absorbed and rice is tender, about 16 minutes. Keep covered until ready to serve.



2. Sauté aromatics

Heat 2 tablespoons oil in a large pot or Dutch oven over medium-high. Add ginger and ⅓ of the shallot and cook until softened, about 2 minutes. Add curry powder and cumin seeds and cook until fragrant, about 1 minute.



5. Make garnishes

Heat ¼-inch oil in a medium skillet over medium-high. Add remaining shallots and cook, stirring, until brown and crisp, 6–7 minutes. Reserve oil and transfer shallots to a paper-towel-lined plate; sprinkle with salt. In a small bowl, season yogurt with salt and pepper and stir in 2 tablespoons shallot oil. Pick cilantro leaves and coarsely chop.



3. Finish curry





Add lentils, potatoes, 6 cups warm water, 1 teaspoon salt, and a generous pinch of pepper and bring to a boil. Partially cover and simmer over medium-high heat, stirring occasionally, until thick and flavorful, about 30 minutes.



6. Serve

Fluff rice with a fork and divide between bowls. Spoon curry over rice and garnish with yogurt, cilantro, and fried shallots. Drizzle with some of the shallot oil if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866.228.4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**