LENTIL DAHL AND TOFU SKEWERS

Ingredients
(For 4 people)

- 200 g red lentils
- 1 onion
- 2 cloves of garlic
- 1 piece of fresh ginger (2-4 cm)
- 50 cl of coconut milk
- 1 liter vegetable broth
- Salt and pepper
- Olive oil
- Curry
- Curcuma
- Garam masala
- Fresh coriander
- Baby spinach
- Tofu
- Basmati rice
- Flaked almonds

Preparation:

Heat 1 liter of water with a cube of vegetable broth.

Rinse the lentils, drain them and cook for 10 to 15 minutes in the vegetable broth, adding 1 teaspoon of curry, salt and pepper. Drain and reserve.

During this time, finely chop the onion, garlic and ginger. Brown in olive oil for 3 minutes. Add curry, turmeric and garam masala, then stir in the coconut milk. Correct the seasoning. Bring everything to a boil and keep a little of the sauce for dressing.

Pour the rest of the sauce over the lentils, add the finely chopped coriander and the spinach then heat over a low temperature.

Cut tofu into cubes of about 3 cm and lightly fry in olive oil until golden on all sides. Prepare skewers with 3 cubes of tofu alternating with spinach leaves.

Put everything on a plate, pour the reserved sauce over the tofu skewers and serve with basmati rice scattered with grilled flaked almonds.