



## Ingredients

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- 1 medium-sized onion, finely chopped
  - 4 cloves garlic, minced
  - 1 tsp ginger, minced
  - 1 tbsp curry powder
    - 1 tsp masala
    - ½ tsp turmeric
  - ¼ tsp cracked black pepper
    - ¼ chili powder
- 1 medium-sized carrot, finely diced
- ½ red bell pepper, finely chopped
  - 1 cup tomato sauce
  - 1.5 can coconut milk
  - 200g seitan, finely diced
- 320g (1.5 cups) green lentils
  - 100g (½ cup) red lentils
  - 170g (1 cup) chickpeas
- Lemon/orange juice to taste
  - Salt to taste

*Very important: when cooking a curry is sautéing the spices before adding any liquid. This will allow them to release much more flavor.*

# Pulse Curry

🕒 60 minutes

## Method

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1. Start by sautéing the ginger, followed by the garlic, and lastly by the onion.
2. Add the spices. Let them sauté for 1-2 min while constantly stirring to prevent them from burning.
3. Add the carrots and sauté for 4-5min. Mix in the bell pepper and the seitan. Let it cook for 4-5min. (If necessary, add some veggie broth, water, or wine to deglaze the pan.)
4. Add the tomato sauce, coconut milk, and green lentils. Let it come to a boil and reduce it to a simmer. Let it bubble away for 10-15 min.
5. Add the chickpeas and red lentils, and let it simmer until everything is cooked through.
6. Once done, you can squeeze some lemon juice and taste for salt.