Sethum Five Lentils Coconut Stew *Recipe*

INGREDIENTS:



- 1 cup **Sethum 5 Lentils Mix**
- 1 small onion, finely chopped
- 2 garlic cloves, chopped
- 1 small tomato, chopped
- 1/2 tsp turmeric powder
- 1/2 tsp chilli powder
- 1 green chilli, sliced
- 6–8 curry leaves
- 1 cup coconut milk
- 2 cups water
- Salt, to taste
- 1 tsp oil

INSTRUCTIONS:

- Rinse the **Sethum 5 Lentils Mix** and drain.
- Heat oil in a saucepan and sauté onion, garlic, curry leaves and green chilli for 2–3 minutes.
- Add tomato, turmeric and chilli powder and stir well.
- Add the lentil mix and water. Cook until the lentils are tender.
- Pour in the coconut milk and season with salt.
- Simmer gently for another 5 minutes and serve warm.

PREP TIME: **10 MIN** COOK TIME: **30 MIN** SERVINGS: **4**