

Curried Lentils and Spinach

3-4 cups water
1 cup red lentils
1 onion finely chopped
1 cup peas
2 tbsp olive oil
2 tsp curry powder
1 tsp sea salt
1 tsp tumeric
¼ tsp cayenne
¼ tsp cumin
¼ tsp coriander
Dash cinnamon
Dash ground cloves
1 bunch of spinach, washed and chopped

- Cook the lentils, onions and peas in water for approximately 15-20 minutes. Drain.
- Steam spinach separately until wilted.
- Add olive oil, spinach, spices to lentils.
- Cook for 5-10 minutes.
- Serve with brown rice.