Coconut Red Lentil Noodles

2 deep noodle bowls · Active 15 min · Total 35 min

Skills: Easy

Ingredients

- 1 teaspoon neutral oil (5 ml)
- 1 tablespoon grated fresh ginger (10 g)
- 2 teaspoons vegetarian Thai-style red curry paste, without shrimp paste
- 1/2 cup red lentils, rinsed (100 g)
- 1 can coconut milk (13.5 oz/400 ml)
- 1 cup water (240 ml), plus hot water for soaking noodles
- 3 oz medium rice noodles suitable for soaking (85 g)
- 2 packed cups baby spinach (60 g)
- 2 teaspoons soy sauce (10 ml)
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons chopped cilantro

Set out

2-quart saucepan, Heatproof bowl suitable for boiling water, Colander, Wooden spoon

Allergens

Soy, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium-low. Stir ginger and curry paste for 1 minute.

2. Add lentils, coconut milk and 1 cup water. Bring to a gentle simmer and cook partly covered for 15–18 minutes, stirring often, until lentils are soft. Add a little water if the broth becomes too thick.

3. Meanwhile, prepare rice noodles in the heatproof bowl according to the package soaking directions. Drain well once tender.

4. Fold spinach into the lentil broth and cook for 1–2 minutes until wilted. Stir in soy sauce and lime juice.

5. Divide noodles between two bowls, spoon over the hot lentil-coconut broth and finish with cilantro.

Give the soaking bowl a clear place

Set out the noodle bowl before the broth starts, and choose a spot where boiling water can be poured safely. A compact kitchen works better when each hot vessel has a stable resting place rather than competing with cutting boards and washing-up.

A useful detail

Keep the lentils at a gentle simmer and stir along the base. Coconut milk can catch on a small hot burner if left unstirred.

Keep it well

Refrigerate broth and noodles separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat the broth and noodles to 165°F/74°C. The noodles keep a better texture when stored without soaking in the broth.