

Creamy Bok Choy and Mushroom Curry

Makes 4 to 6 servings

This creamy Indian-inspired curry is a delicious way to serve bok choy and mushrooms. Your child can help by garnishing the dish with cilantro.

Ingredients

- 1 cup brown or green lentils, rinsed
- 1 bay leaf (optional)
- 1 tablespoon olive or canola oil
- 1 small white onion, finely chopped
- ½ teaspoon cumin seeds
- 2 garlic cloves, peeled and finely chopped
- 1 inch piece ginger, peeled and finely chopped
- 1 teaspoon coriander powder
- ½ teaspoon turmeric powder
- ¼ teaspoon red chile powder or cayenne (optional)
- 8 ounces cremini or shiitake mushrooms, sliced
- 14 or 15-ounce can unsweetened light coconut milk, shaken well
- 1 pound bok choy, cleaned and cut into 1-inch pieces
- 2 tablespoons lime juice
- Handful of cilantro leaves, finely chopped

Directions

1. Add 4 cups of water, lentils, and bay leaf to a large pot and bring to a boil. Turn the heat to low, cover the pot, and cook the lentils until they are tender but not mushy, 20 to 30 minutes. Drain the lentils, remove the bay leaf, and set aside.
2. Heat the oil in a large skillet set over medium heat. Add the onion and cook until fragrant, 3 to 4 minutes.
3. Turn the heat to medium-high. Add the cumin seeds and cook for 30 seconds. Add the garlic and ginger and cook for 1 minute. Add the coriander, turmeric, and chile powder and cook for another 30 seconds.
4. Add the mushrooms and cook until they start to get soft, about 5 minutes. Add the lentils, coconut milk, ½ cup water and ½ teaspoon salt and bring to a simmer. Turn the heat to medium and cook until the curry is a little thickened, about 5 minutes.
5. Add the bok choy and cook until tender, about 3 minutes. Turn the heat off and add the lime juice. Sprinkle with cilantro and serve warm with brown rice or whole wheat flatbread.



Photo: Marley Spoon

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