

Japanese-Style Lentil-Tofu Coconut Curry

レンズ豆と豆腐のココナッツカレー

Serves 2-3

Ingredients

Main

- 120 g dry brown lentils レンズ豆
- 200 g firm tofu, cubed 木綿豆腐
- 150 g kabocha or sweet potato かぼちゃ または さつまいも
- 80 g carrot, diced にんじん
- 80 g spinach (fresh or frozen) ほうれん草

Aromatics

- 2 tsp / 10 g ginger (tube OK) しょうが
- 2 tsp / 10 g garlic (tube OK) にんにく

Spice Base

- 1 tsp turmeric
- 2 tsp curry powder または 1 tsp curry powder + 1 tsp garam masala
- ½ tsp cumin (optional)

Liquid Base

- 200 ml coconut milk
- 200 ml water
- ½-strength stock (450 mg sodium)

Seasoning

- 1 T / 15 ml low-sodium soy sauce しょうゆ
- 1 tsp sugar (optional)
- ½ tsp salt + MSG blend (約 2-3 g)

Finish

- 20 g cashews カシューナッツ
- 1-2 tsp chili crisp (optional, for mild heat)
- Lemon wedge (optional)



Instructions

1. Prepare the lentils

- Rinse thoroughly
- **Simmer** in water **20 minutes** until tender but not mushy
- Drain and set aside

2. Prepare vegetables and tofu

- Cut **tofu** into bite-size cubes and pat dry
- Cut **kabocha** or **sweet potato** into small chunks
- Dice **carrot**
- Roughly chop **spinach** if using fresh

3. Build the flavor base

- Heat 1 tsp / 5 g **canola oil** in a pan
- Add **ginger** and **garlic**; sauté about **30 seconds**
- Add **spices** and cook **20–30 seconds** to bloom

4. Cook vegetables

- Add **carrot** and **kabocha/sweet potato**
- Stir to coat with spices
- Add **coconut milk**, **water**, and **stock**
- Bring to a gentle **simmer**

5. Simmer

- Cook **10–12 minutes** until vegetables are tender

6. Add lentils and tofu

- Add cooked **lentils** and **tofu**
- **Simmer** gently **5–7 minutes**

7. Finish seasoning

- Add **soy sauce**, **salt + MSG**, and **sugar** if using
- Add **spinach** and cook until just wilted

8. Final touches

- Add **chili crisp** (start with 1 tsp, adjust to taste)
- Top with toasted **cashews**
- Optional squeeze of **lemon** before serving

Nutrition (per serving, based on 3 servings)

Kcal: 420 | Protein: 24 g | Fat: 16 g | Sat Fat: 8 g | Carbs: 48 g | Sugars: 8 g |
Fiber: 12 g | Sodium: 700 mg | Omega-3: 0.4 g

Total dish

Kcal: 1260 | Protein: 72 g | Fat: 48 g | Sat Fat: 24 g | Carbs: 144 g | Sugars: 24 g
| Fiber: 36 g | Sodium: 2100 mg | Omega-3: 1.2 g