

# Curried Kale with Bulgur and Lentils

Curries are simply dishes seasoned with a combination of spices. They date back thousands of years to India and Persia. These spices can be any combination of herbs and spices such as: curry leaves, ground cumin, coriander, cardamom, turmeric, ginger and chilies.

An Indian friend of mine once told me, "A curry is what spices you put in your cooking pot today."

You can either make homemade Masala Curry Spice or simply use some commercially prepared yellow curry powder and add a little extra turmeric.

**Preparation time: 40 minutes - Serves : 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize all ingredients so they are easy to add. Prep a total of 1 C. chopped yellow onion: 1/3 C. in the Lentils and 2/3 C. for the Curried Kale. Toast almonds as part of your prep.

#### Lentils

1 tsp. olive oil  
1/3 C. yellow onion (sliced and chopped)  
2-1/2 C. water  
1/2 cube Not Chicken Bouillon  
2 T. balsamic vinegar  
1 C. washed, green or brown lentils  
1 bay leaf

#### Bulgur

1 C. dry bulgur  
2 C. water

#### Curried Kale

1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
2/3 C. yellow onion (coarsely chopped)  
2/3 C. red bell pepper (coarsely chopped)  
1 bunch Lacinato Kale (leaves and stems chopped separately)  
  
1/2 C. white wine  
3/4 C. low-sodium veggie broth  
1 T. molasses  
1-1/2 T. homemade Masala curry powder  
1 tsp. low-sodium soy sauce  
3 T. rice wine vinegar  
1-1/2 C. fresh or canned pineapple (chopped)

#### Masala Curry Mix

2 T. coriander seeds  
1 T. cumin seeds  
1 T. whole black pepper corns  
1 tsp. fennel seeds  
1/4 tsp. whole clove  
1 cinnamon stick  
1/2 tsp. red pepper flakes  
  
1-1/2 tsp. ground turmeric  
1/2 tsp. ground ginger

#### Garnish

1/4 C. slivered almonds (toasted)  
2 tsp. crumbled feta cheese

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

You'll start by putting the lentils and the bulgur on to cook.

### Lentils

1. Place oil and onion in a medium saucepan and toss until onion turns translucent.
2. Add water, bouillon, vinegar, lentils and bay leaf. Bring to a boil.
3. Reduce heat to medium-low, cover, and cook 25 minutes or until at desired tenderness.
4. Set a timer.

### Bulgur

Simply bring water and bulgur to a boil, turn off heat, cover, and let stand on the burner until ready to dine.

### Masala Curry Mix

Turn on your kitchen exhaust fan as you start the process. Also wear face mask. You may also want to open a window. The spices will throw off gasses as you brown them that may make you tear up or choke without proper ventilation.

1. Combine whole coriander, cumin, peppercorns, fennel, clove, cinnamon stick and pepper flakes in a shallow sauté pan. Stir over medium-high heat until you begin to smell the toasty aroma and see some slight color change. Remove from heat and let cool
2. Place in a spice grinder, or an old coffee grinder, and grind fine. You could also use a mortar and pestle to grind by hand.
3. Stir the ground turmeric and ginger into the ground spices. Cool thoroughly and transfer to a small jar with a tight-fitting lid to store. It does not require refrigeration.

### Curried Kale

1. Measure olive oil into soup kettle or Dutch Oven. Toss prepped garlic, onion, peppers and kale stems in oil over high heat until onions begin to brown.
2. Add wine, broth, molasses, masala curry spice mix, soy sauce and vinegar. Bring to a boil and cook 8 minutes over medium heat.
3. Drop chopped kale leaves into pan and toss 4-minutes over medium-high heat.
4. Stir in pineapple and remove from burner.

### Plate the Meal

Measure 2/3 C. cooked bulgur and place in the middle of each dinner plate. On each plate, create a ring with the bulgur making a 6" opening in the center. Fill opening with 1/2 of the greens. Scoop 2/3 C. cooked lentils over greens. Garnish with toasted almonds and a dusting of feta crumbles. Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)