

SWEET POTATO AND SPINACH DAHL

Serves 4

INGREDIENTS

- onion x 1, diced
- garlic cloves x 2, crushed/grated
- ground cumin x 2tsp
- curry powder x 2tsp
- smoked paprika x 2tsp
- sweet potato x 1, diced
- chopped tomatoes x 400g
- vegetable stock x 200ml
- split red lentils x 100g
- coconut cream x 200g
- spinach x 300g
- butter/oil
- sea salt
- black pepper
- bread, natural yogurt, fresh coriander, fresh red or green chilli

METHOD

- prepare the onion, garlic, sweet potato and vegetable stock
- heat butter/oil over a medium heat in a saucepan/casserole pot
- add the onion, garlic and sauté for 5 minutes, until soft
- add the cumin, curry powder, smoked paprika and cook for 5 minutes
- add the sweet potato and cook for 5 minutes
- add the chopped tomatoes, vegetable stock, lentils and stir well
- simmer for 10-15 minutes (refer to the instructions on the lentil packet for cooking time)
- add the coconut cream and stir well (add some boiling water if it is drying out)
- test a piece of sweet potato (a sharp knife would go straight through)
- add the spinach and cook for 2-3 minutes, until wilted
- remove from the heat and season to taste with sea salt and black pepper
- serve with natural yogurt, fresh coriander, chilli flakes and crusty bread

