



Recipe

sweet potato dhal

For a family of 4



Our new dhal is slowly simmered with gentle spices including garam masala, cumin, coriander, turmeric, and a hint of chilli. Creating a creamy, comforting mix of lentils and yellow split peas that's full of flavour! Topped with curried sweet potato, it's a mild, flavourful dish the whole family will love.

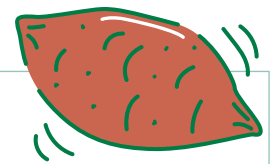
Enjoy with rice, naan, and yoghurt.

Ingredients

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| a glug of cooking oil | 1 tsp of ground coriander | 100g of red lentils |
| 1 medium red onion, diced | 1 tsp of garam masala | 50g of yellow split peas |
| 1 thumb of ginger, finely chopped | a pinch of mild chilli flakes | 1 bag of spinach |
| 2 cloves of garlic, crushed or finely chopped | ½ tsp of ground turmeric | 1 small bunch of fresh coriander, chopped |
| 1 tsp of ground cumin | 300ml of coconut milk | Juice from 1 lime |
| | 500ml of water | |

Method

- add oil to wide based pan on medium heat
- add red onion and cook gently for 10 -15 minutes until golden and soft
- add ginger, garlic and all spices and mix well to coat everything, allow to cook for 2 mins
- add coconut milk, water, red lentils and split peas and mix well to combine everything
- bring to simmer and allow to cook for at least one hour, stirring often to avoid lentils catching and burning on bottom of pan
- now is your opportunity to cook your sweet potato
- once dhal is reduced and cooked, add your spinach and mix well to allow to wilt
- once ready to serve, add chopped coriander and lime juice
- enjoy with some rice, naan and yoghurt!



sweet potato

Ingredients

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| 2 large sweet potato, chopped, no need to peel | 1 tsp of ground cumin |
| 1 tsp of madras curry powder | a glug of cooking oil |
| a pinch of ground turmeric | Juice from 1 lemon |

Method

- preheat oven at 180°C
- tumble diced sweet potato with all spices and oil
- roast until golden and soft through, about 40 minutes
- once ready to serve, squeeze some lemon juice over