

WHAT YOU NEED

- 1 onion
- 1 large sweet potato
- 5 tablespoons of red lentils
- 2 large handfuls of spinach
- ½ dessertspoon of oil
- thumb size piece of ginger
- 1½ teaspoons of cumin
- 1 teaspoon of turmeric
- ½ teaspoon of chilli flakes
- 1 teaspoon of garlic purée or 2 garlic cloves, chopped (optional)
- 1 vegetable stock cube dissolved in 600ml (2½ mugs) of boiling water

How to Make Sweet Potato & Lentil Curry

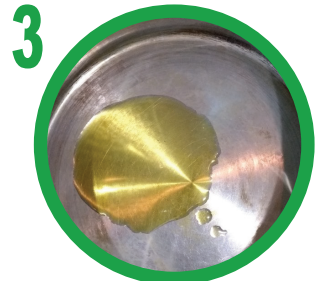
Serves 2



Wash, peel and chop all the vegetables including the ginger.



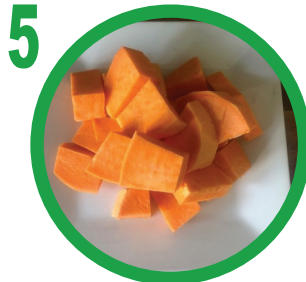
Rinse lentils under cold running water. (until the water runs clear).



Place a large pot on a medium heat, add onions, ginger, garlic and cook for a few minutes.



Add the rest of the dried spices and lentils, cook for a few minutes.



Add chopped, sweet potato to the pot.



Add stock, bring to the boil and then reduce heat.



Cook for 20 minutes until the lentils are tender and the sweet potato is still holding its shape.



If too thick, add a little water. Add spinach, cook for 3 minutes until wilted.



Serve with rice, couscous or flatbread.