



# Sweet Potato Dahl

SERVINGS: 4+

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

- Tbsp oil - coconut, olive - whatever your preference
- 1 brown onion chopped
- Fresh/minced garlic - to taste (I used a heaped teaspoon of minced or about 3-4 cloves)
- Fresh/bottled ginger - to taste - see above
- Curry powder - to taste - I use a heaped teaspoon
- Turmeric - fresh or powdered - I use about a teaspoon
- 2 Massels Vege stock cubes
- Approx 1 cup of dried red lentils
- 1 medium sized sweet potato, peeled and cubed about 1cm cubes
- 1 can of coconut cream
- Optional: shredded leafy greens - spinach (regular or baby) kale, parsley - great for adding more iron, can also add shredded coconut

## Directions

- In a large frypan, dutch oven etc (with a lid) heat oil
- Saute onion
- Add garlic, ginger, curry powder and turmeric stirring to prevent sticking and release aromas, add crumbled stock cubes
- Add red lentils and chopped sweet potato and enough water cover, stir throughly
- Bring to a gentle boil and turn temp down to a simmer
- Cover with a lid, stir regularly and lower temp if needed to prevent sticking (you may need to add some more water)
- Once the sweet potato is soft, add coconut cream and stir to combine and bring up to temperature.
- Add greens if desired
- Serve with basmati rice, naan or your preferred side dish, dollop of coconut or greek yoghurt.

NOTE: I cook by feel and rarely measure or take note of time - these are a simple guide to my process - feel free to modify, substitute etc - make it your own. You can also substitute pumpkin for the sweet potato, cooking time may vary....