



Lentil dahl with sweet potato and spinach

Lentil dahl with sweet potato and spinach is a hearty, healthy and comforting meal. While wholesome and packed full of nutrients, it also packs a punch on your taste buds as the fragrant spices add lively flavour to this easy to prepare meal.

Ingredients:

1 tbsp coconut oil	2 sweet potatoes (approx 600g) cut into 1" cubes (ish)
1 red onion, finely chopped	500g Chantenay carrots
2 cloves garlic, chopped chunky	350g red split lentils
2" piece freshly grated ginger	500g passata or 400g tin chopped tomatoes
1 red chilli, finely chopped	350ml water doused around the passata jar
1½ tsp ground turmeric	80g fresh spinach leaves
1 tsp ground cumin	4 spring onions, finely chopped
2 tsp ground garam masala	1 large handful fresh coriander leaves

To cook on the stove:

In a large, flat-bottomed frying pan, heat the oil. On a medium heat, add the onion and fry for 5 minutes. Add the garlic, a pinch of salt and the ginger. Stir well and replace the lid and cook on a low - medium heat for a further 5 minutes. Next add all the spices, chunks of sweet potato and carrots. Replace the lid and fry on a gentle heat for a further 5 minutes.

In the meantime, rinse the lentils well then add to the pan along with the passata and water. Combine all the ingredients well. Replace the lid, bring to the boil and then simmer for approximately 20 minutes. Check every now and again to stir the pan and make sure the lentils aren't drying out or catching on the bottom. If they look as though they need a little more water, add a few spoonfuls at a time.

When the sweet potato and carrots have softened, add the spinach leaves and coriander and gently stir through the mixture. Serve up between 4 bowls. Finish by sprinkling the spring onions over the top of each meal.