

Sweet Potato & Lentil Curry

Ingredients

- 2 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp mustard seeds (any colour)
- 1 tbsp medium curry powder(or paste)
- 100g red or green lentils.
- 2 medium sweet potatoes peeled and cut into chunks
- 500ml vegetable stock
- 400g can chopped tomato
- 400g can chickpea, drained
- ¼ pack fresh coriander (optional)



Serves 3-4

Method

1. Heat the vegetable oil in a large pan, add 1 chopped red onion and cook for a few mins until softened.
2. Add the cumin seeds, mustard seeds and 1 tbsp medium curry powder and cook for 1 min more. Stir in 100g red or green lentils (or a mixture)
3. Add 2 medium sweet potatoes, cut into chunks, 500ml vegetable stock and the 400g can chopped tomatoes.
4. Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add a drained 400g can of chickpeas, then heat thoroughly.
5. Season, sprinkle with chopped coriander if using, and serve with a spoonful of natural yogurt, steamed rice and naan bread.

Recipe Tip – Add more spices as necessary to achieve your required taste. You could even add a handful of fresh spinach leaves at the end as an added bonus.

