



SPINACH, SWEET POTATO & LÉNTIL DHAL

1 tbsp sesame oil
1 red onion, finely chopped
1 garlic clove, crushed
1 inch ginger, peeled and finely chopped
1 red chilli, finely chopped
1½ tsp ground turmeric
1½ tsp ground cumin
2 sweet potatoes, cut into even chunks
1 cup red split lentils
2 ½ cups vegetable stock
½ cup of spinach
4 spring onions, sliced on the diagonal
½ small pack of Thai basil, leaves torn



Directions:

1. Heat sesame oil in a large pan with a tight-fitting lid.
2. Add red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.
3. Add garlic, ginger and red chilli, cook for 1 min, then add turmeric and cumin and cook for 1 min more.
4. Turn up the heat to medium, add sweet potatoes and stir so the potato is coated in the spice mixture.
5. Add red split lentils, vegetable stock and preferred seasoning.
6. Bring to a boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
7. Taste and adjust the seasoning, then gently stir in the spinach. Once wilted, top with the spring onions and basil to serve.

