

LENTIL DAHL WITH SEASONAL VEG

Roasted Veg

- 1 Large Purple Carrot - chopped into 2cm
- Handful Brussel Sprouts
- 1 Sweet Potato

Lentil Dahl

- 1 cup lentils (and 2 ¼ cups water or stock)
- 2 small onions - chopped
- 1 large clove garlic - chopped
- 1 des. spoon coconut oil
- 2 des. spoons tomato paste
- Curry Powder / Paprika / Chipotle Chilli
- Parsley to garnish
- Bed of Spinach to serve



INSTRUCTIONS

1. Preheat oven to 180c
2. Put Sweet potato in to Roast - will take about 45 minutes
3. Put carrots and brussels in small roasting dish with a little oil if desired - will take about 30 minutes
4. Melt the oil, add the onions to soften then add the garlic
5. Add the tomato paste, then spices
6. Stir and add the lentils along with water or stock
7. Cook for 15 minutes then remove from heat with lid on for 10 minutes
8. Serve half the potato on a bed of spinach with dahl over the top, veg on the side and parsley garnish.