

SWEET POTATO DHAL

INGREDIENTS

1 chilli finely chopped
1 ½ tsp ground turmeric
1 ½ tsp ground cumin
450g cubed sweet potato
250g red split lentils
1 tsp ginger paste ½ tsp garlic paste
1 finely chopped red onion
600ml vegetable stock
Handful of spinach roughly chopped
Fresh Coriander for garnish
Papadums mini size

METHOD

1. Wash lentils under warm water
2. In a fry pan heat the sesame oil, caution it spits
3. Add the onion and cook till soft
4. Add the chilli, garlic, ginger, cumin and turmeric and cook with the onions for about a minute on low
5. Add the sweet potato and turn the heat up to medium and stir through
6. Add the lentils and the stock and bring to the boil, cook for 20- 30 minutes ensuring the lentils are cooked properly.
7. Turn off the heat
8. Add the spinach and stir through
9. Cook prepackaged papadums, follow the instructions
10. Serve Dhal warm or cold garnished with the coriander with the papadums

I serve this as a dipping platter.

SHOPPING LIST

Chilli
Ground turmeric
Ground cumin
Sweet potato
Red split lentils
Ginger paste
Garlic paste
Red onion
Vegita for stock
Spinach
Coriander
Papadums small size