

MEAT *Mondan* FREE Recipe

Ingredients –

- 1tbsp olive oil
- 1 red onion, diced
- 2 sweet potatoes, cut into chunks
- 2 garlic cloves
- 250g red split lentils
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 1 thumb size piece of fresh ginger, finely chopped
- 600ml vegetable stock
- 60g fresh spinach
- 1 red chilli deseeded and finely chopped (optional)



Spinach, Sweet Potato and Lentil Dhal

Method

Heat oil in pan, add the red onion and cook over low heat for 10 minutes, stirring occasionally, until softened.

Add 2 crushed garlic cloves, the ginger, the chopped red chilli and cook for 1 minute. Then add the spices and cook for a further minute.

Turn up the heat to medium add the sweet potato and stir ensuring the potato is coated in the spice mix.

Add in the red lentils, vegetable stock and season.

Bring the liquid to the boil, reduce heat and cover, cook for a further 20 minutes. Cook until lentils are tender and sweet potato is just holding its shape.

Add the spinach and stir through, once the spinach has wilted your dish is ready to serve.