

# Recipe of the Month – October

## Sweet Potato and Lentil Curry

**Serves 6**

### Ingredients

3 Tbsp.	Vegetable Oil
250g	Onions – chopped
3 x	Cloves of Garlic – finely chopped
200g	Mixed Peppers – chopped
2 Tsp.	Ground Ginger
2 Tbsp.	Medium Curry Powder
700ml	Vegetable Stock
150g	Red Lentils
500g	Sweet Potatoes - diced

### Method

1. Heat the oil and gently fry the onions and garlic for 2 minutes then add the mixed peppers.
2. Stir in the ginger and curry powder and cook off for 2 minutes.
3. Gradually add the vegetable stock followed by the lentils and sweet potato.
4. Simmer for 15 minutes or until the sweet potato and lentils are soft and the sauce has thickened slightly.

**Top Tip** – we have served this with steamed rice and a crunchy mixed salad on our Autumn/Winter Menu but it is also delicious served with mixed vegetable rice and naan bread!

