

**Serves**  
**4**



# Sweet Potato and Lentil Curry

**A tasty recipe that is both filling and nutritious!**



## Ingredients list

**200g Red Lentils**  
**600ml Water**  
**750g Sweet Potato – diced**  
**1x Onion – diced**  
**10ml Vegetable Oil**  
**20g Curry Powder**  
**1x Garlic Clove – crushed**  
**5g Ground Ginger**  
**1x Tin of Chopped Tomatoes**  
**1 Tbsp Tomato Puree**  
**50g Frozen Spinach (optional)**



## Method

- 1. Cook the lentils as per packet instructions using the water. Drain well and set aside.**
  - 2. In a saucepan, heat the oil and cook the diced onions and sweet potato until soft.**
  - 3. Add the crushed garlic, ground ginger and curry powder to the onion and sweet potato and cook for 2 minutes.**
  - 4. Add the tomato puree and chopped tomatoes and simmer for 10-15 minutes, until the sauce has thickened.**
  - 5. Add the cooked lentils and frozen spinach and simmer for a further 5 minutes, until the vegetables are soft.**
- Delicious served with steamed rice and naan bread!**