



# Fresh Ideas Feeding Minds

## Recipe Feature

### Sweet Potato and Lentil Curry

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

**Serves 4**

#### Ingredients

200g	Red Lentils
600ml	Water
750g	Sweet Potato – diced
1 x	Onion – diced
10ml	Vegetable Oil
20g	Curry Powder
1 x	Garlic Clove – crushed
5g	Ground Ginger
1 x	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!**

