



Clean Eating

SPINACH, SWEET POTATO & LENTIL DAHL

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 small brown onion, finely diced
- 1 garlic clove, crushed
- 2.5cm piece of ginger, peeled and finely chopped
- ½ long red chili, finely chopped
- 1 teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon garam marsala
- 1 tablespoon tomato paste
- 1 x 400g can diced tomatoes
- 1 medium sweet potato, cut into small even chunks
- ½ cup red split lentils, soaked overnight
- 1 cup vegetable stock
- ½ x 400ml can coconut cream
- 1 cup baby spinach leaves

To serve:

- ¼ bunch coriander leaves
- Coconut yogurt

it's about the

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DIRECTIONS

- Heat the olive oil in a large, wide-base pot or pan over medium-high heat. Add the onion and sauté until it begins to soften.
- Add the garlic, ginger, and chili, continuing to sauté for another minute. Then add turmeric, cumin, and garam marsala. Lightly sauté for 2 – 3 minutes or until fragrant.
- Add the tomato paste, tomatoes, sweet potato, lentils, stock, and coconut cream. Stir well and bring to a boil. Reduce heat to low and simmer for 20 – 25 minutes or until the sweet potato is cooked. Stir through baby spinach leaves right at the end.
- Serve topped with cilantro leaves and a dollop of coconut yogurt.