Lentil and Sweet Potato Curry
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RECIPE

This delicious one pot vegan curry is low in calories and fat and you just tip everything into the pan. Bursting with iron-rich spinach and protein packed chickpeas. it is absolutely delicious and easy to adapt depending on how spicy you like it.

INGREDIENTS

- 1 cup lentils (soaked in water for 30 minutes)
- 1 can of chopped tomatoes
- 2-3 sweet potatoes (cut into cubes)
- 1 tbsp curry powder
- 1 medium onion
- 3 cloves of garlic

- 1 tbsp grated ginger
- 1 cup of water or vegetable broth
- ½ tbsp garam masala (optional)
- Chili flakes (optional)
- Salt and pepper
- Handful of coriander leaves
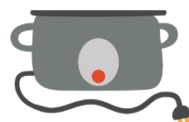
DIRECTIONS

- Step 1
- Heat a little olive oil in a large pan and add the onion, garlic and ginger and cook for 2 minutes.
- Step 2
- Add the spices and stir well.
- Step 3
- Add the chopped tomatoes, lentils, sweet potato and salt and pepper and 1 cup of water(can use vegetable stock). Add salt and pepper. Reduce the heat and simmer for 20 minutes until lentils are soft and sweet potato is tender, stirring occasionally. Remove the pot from heat and sprinkle coriander leaves.
- Step 4
- Serve with rice or naan/chapati

Tip

You can use any veggie of your choice like aubergines or squash, chickpeas, spinach.

GOOD FOOD Oxfordshire

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