

# Hearty Sweet Potato & Red Lentil Dahl

Produced for Woolworths



Prep  
**20m**

Cook  
**1hr**

Serves  
**6**

Difficulty  
● ● ○ ○

## Ingredients

1 large onion, peeled and chopped

2 tbs olive oil

1 tbs root ginger, peeled and minced

2 tsp garam masala

1 tsp cumin

1 tsp ground coriander

1 medium red chilli, finely chopped

2 cloves garlic, peeled and chopped

250g red lentils

500g sweet potato, peeled and chopped into cubes

400g coconut milk, can, reduced fat

400g chopped tomatoes, can

## Description

This filling veggie dahl is the perfect comfort food for a cold winter day.

**i** Serve with rice, fresh coriander and a lemon wedge.

## Method

### Step 1

In a large saucepan on a high heat, sauté the onion in olive oil for 5 minutes to soften. Add the ginger, chilli and garlic and cook for another 2 minutes, add the spices and cook for another 1 minute.

### Step 2

Add the lentils and mix to coat well, then pour over the chopped tomatoes and coconut milk, then add 2 cans full of water.

### Step 3

Bring to the boil, stir and cover. Simmer for 10 minutes then stir in the sweet potato cubes, cover with a lid allowing a little steam to escape, and simmer for 35 minutes, stirring occasionally.

### Step 4

After 35 minutes, check that the sweet potato and lentils are tender and serve.