
Spinach, Sweet Potato & Lentil Dhal

A comforting vegan one-pot recipe that counts for 3 of your 5-a-day!
You are sure to love this iron-rich, low-fat, low-calorie supper.

Ingredients:

1 tbsp sesame oil
600ml vegetable stock
1½ tsp ground turmeric
1½ tsp ground cumin
½ small pack of Thai basil,
leaves torn
1 red onion, finely chopped
1 garlic clove, crushed
Thumb-sized piece
of ginger, peeled and
finely chopped
1 red chilli, finely chopped
2 sweet potatoes (about
400g/14oz), cut into even
chunks
250g red split lentils
80g bag of spinach
4 spring onions, sliced
on the diagonal

Prep Time: 10 mins
Cook Time: 35 mins
Difficulty: Easy
Serves: 4 people

Method:

Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid. Add 1 finely chopped red onion and cook over a low heat for 10 minutes, stirring occasionally until softened.

Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli. Cook for 1 minute, then add 1½ tsp ground turmeric and 1½ tsp ground cumin. Cook for a further minute.

Turn up the heat to medium, add 2 sweet potatoes that are cut into even chunks and stir everything together so that the potato is coated in the spice mixture. Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

Bring the liquid to the boil and then reduce until the lentils are tender and the potato is just holding its shape.

Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

