

Active Canaries

HEALTH MONTH

WORKING WITH LOCAL SCHOOLS

Week 2 – Kenny McLean

Sweet Potato and Lentil Curry

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

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.
- 6 Serve with steamed rice and 'NCFC' vegetables (like broccoli and sweetcorn)!

SERVES

4



Powered by
norse
CATERING