Sweet Potato & Lentil Curry

VEGAN | GLUTEN-FREE | DAIRY-FREE

Ingredients:

- 2 cups uncooked lentils
- 1 sweet potato, cubed
- 4 cloves of garlic, grated
- 1/2 sweet onion, diced
- 4 inches of ginger, grated
- 8 oz can tomato paste
- 13.5 oz coconut cream (or coconut milk)
- 1 tbsp garam masala
- ½ tbsp chili powder
- 1 tsp chili flakes
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp turmeric
- Salt & pepper
- Extra virgin olive oil

Garnish & Side:

- Cilantro
- 1 lime
- 2 cups uncooked basmati rice
- Naan or sourdough

Instructions:

1. Rinse 2 cups of lentils and remove any rocks. Either soak overnight or boil in water until soft, then drain. Set aside.
2. Chop the sweet potato into ½-inch cubes. Place on a baking sheet, drizzle with olive oil, salt, and pepper, then bake at 400°F for about 20 minutes until soft. Set aside.
3. Cook the rice following their specific instructions and set aside.
4. Sauté diced onion in a deep sauté pan until translucent, then add the grated garlic and ginger until fragrant.
5. Add all the spices to toast for about a minute, then add the tomato paste and coconut cream and half a cup of water (add water if the sauce is too thick). Let the mixture simmer for 15 minutes.
6. Add the cooked lentils and sweet potato to the mixture and let it simmer for 30 minutes, stirring periodically.
7. Serve over rice and garnish with cilantro, lime, naan or sourdough, and enjoy!

Love,

Colie