

Sweet Potato & Lentil Curry

Serves 4-5

INGREDIENTS

- 135g onions, diced
- 315g sweet potato
- 9 ml cooking oil
- 4-5gr mild madras curry powder
- 25g tomato puree
- 225g chopped tomatoes
- 45g red lentils
- 340ml stock



METHOD

1. Fry the onion and sweet potato in oil for 5-10 minutes.
2. Add the curry powder and cook gently for 3 minutes stirring continuously.
3. Add tomato puree, chopped tomatoes, lentils and stock.
4. Bring to boil, reduce heat, cover and simmer for 15 minutes.
5. Transfer to casserole tin, cover with the lid or foil and put in the oven for a further $\frac{3}{4}$ hour or until sweet potato is soft, checking periodically so it does not dry out.

Serving Suggestion - serve with rice or a jacket potato.