


Recipe: Dukkah sweet potato and spinach dhal

Ingredients:

- 2 sweet potatoes, peeled
- 250g red lentils
- 1.2 litres hot vegetable stock
- 2 tbsp dukkah spices
- 1 tbsp olive oil
- 200g baby leaf spinach
- 1 large onion, sliced
- 3 garlic cloves, chopped
- 25g root ginger, finely chopped
- 1 red chilli, deseeded and finely chopped (reserve some for garnish)

 35 minutes



Instructions:

Nutritional Hero: Spinach

Eating spinach in the form of a smoothie or juice is the best way to absorb lutein from spinach in our diet. Chopping the spinach before preparing the smoothie has been found to release the highest amount of lutein.



1. Cut the sweet potatoes into 2cm cubes. Put the sweet potatoes, lentils and stock in a large pan and bring to the boil. Simmer for 20 minutes, stirring occasionally.
2. Toast the spices in a dry frying pan for 2 minutes, transfer three quarters to a pestle and mortar and grind to a powder, transfer the rest to a bowl. Set aside. Add the oil to the frying pan; add the onion. Cook for 15 minutes until soft, then stir in the garlic, ginger, chilli and ground spices.
3. Stir the spiced onions into the lentils and, over a low heat, add the spinach a handful at a time, stirring until wilted; season.
4. Serve the dhal in bowls, with a dollop of vegan yogurt, coriander and mango chutney. Sprinkle over the reserved spices and chilli.