

# Dhal with red lentils and sweet potatoes

Adapted from A Modern Way to Eat by Anna Jones. A really warming, nourishing winter dish, this is a complete meal on its own, and vegan too. They sell little packets of fresh coconut in the salad section at Waitrose, which tastes great and needs no soaking. Serves 2 .

## Ingredients

### **For the sweet potatoes:**

- 1 sweet potato, washed, peeled and cut into cubes of about 1,5 cm
- Sea salt and freshly ground black pepper
- 1 tsp cumin seeds
- 1/2 tsp fennel seeds
- olive oil

### **For the dhal:**

- 1 clove of garlic, peeled and chopped
- a piece of ginger 1/2 a thumb size, roughly chopped (and peeled)
- 1 green chilli, chopped
- 1/2 red onion, peeled and roughly chopped
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 150 gram red lentils
- 1 can of 400 gram coconut milk
- 200 ml vegetable stock
- 2 large handfuls/ 1 small pack of spinach
- 1/2 bunch fresh coriander, with stalks, chopped
- juice of 1/2 lemon

### **For the coconut chutney:**

- 50 gram desiccated coconut (or use grated fresh coconut – no need to soak)
- 1 tsp mustard seeds
- 10 curry leaves
- a bit of coconut oil
- 10 gram of ginger root, grated
- 1 red chili, finely chopped

## **Method**

1. Preheat the oven to 220 C/Gas Mark 7.
2. Pour 150ml of boiling water over the desiccated coconut and set aside to soak.



3. Put the sweet potatoes into a roasting tray with a good pinch of salt and pepper and sprinkle over the cumin and fennel seeds and drizzle with oil. Roast the potatoes for about 20-25 minutes in the oven until cooked and soft inside and crunchy on the outside.
4. In a large pan sizzle the garlic, ginger, red onion and chili in a little oil for about ten minutes until the onions are soft and translucent.
5. Grind the cumin and coriander seeds in a pestle and mortar then add to the pan with the other spices and cook for a few minutes until fragrant. Stir in the lentils, coconut milk and stock and bring to the boil. Turn the heat down and leave to simmer for about 25-30 minutes.
6. Meanwhile make the chutney. Let the coconut drain and put into a bowl. Fry the mustard seeds and the curry leaves in a little oil until the mustard seeds begin to pop. Pour over the coconut, Add salt and pepper to taste and stir in the ginger and red chili.
7. Take the dahl off the heat and stir in the spinach and leave to wilt a little. Stir in half of the chopped coriander and the lemon juice. Pile into deep plates or bowls, top with the crispy sweet potato, a few spoonfuls of the coconut chutney and the remaining coriander. If you are really hungry you can have some rice or chapattis too.