



# Spinach & Sweet Potato Dahl (serves 4)

Spinach is high in vitamin C which helps to boost your immune system and keep your skin healthy. Vitamin C also helps our bodies to absorb iron.

### Ingredients:

1 tbsp. oil  
 1 red onion  
 1 garlic clove  
 1 red chilli  
 2cm fresh ginger or 1 tsp ground ginger  
 2 tsp ground cumin  
 2 tsp. ground turmeric  
 2 sweet potatoes  
 250g / 1 mug dried red lentils  
 1 vegetable stock cube  
 80g / 4 handfuls spinach  
 4 spring onions  
 Small handful fresh coriander  
 600ml / 2.5 mugs water

### Equipment:

Mug or weighing scales  
 Large saucepan with lid  
 Chopping board  
 Sharp knife  
 Vegetable peeler  
 Teaspoon/ tablespoon  
 Wooden spoon  
 Grater

### Instructions:

1. Wash all the vegetables and herbs
2. Finely slice the red onion, peel and crush the garlic, deseed and chop the chilli, grate the ginger. Slice the spring onions.
3. Peel and chop the sweet potato into 2cm cubes
4. Heat the oil in the pan, add the red onion and cook over a low heat for 4-5 mins until softened.
5. Add the garlic and spices and cook for 1 min more
6. Turn up the heat to medium, add the sweet potatoes and stir everything together so that they are coated in the spice mix
7. Tip in the lentils, the stock cube and water
8. Bring the mixture to a boil, then reduce the heat, cover and cook for 20 minutes or until the lentils are tender and the potato is just holding its shape
9. Stir in the spinach, once wilted serve topped with the spring onions and torn coriander leaves



Skills used:

Measuring, chopping, peeling, frying and serving

**ALLERGENS HIGHLIGHTED IN BOLD**