



SPINACH, SWEET POTATO & LENTIL DHAL

A comforting vegan one-pot recipe that counts for 3 of your 5-a-day! You can't go wrong with this iron-rich, low-fat, low-calorie supper

🕒 10 minutes

🕒 45 minutes

🍴 4 portions

INGREDIENTS

- 1 large red onions, diced (150 g)
- 1 tablespoon of oil, (sesame, peanut or your choice)(14 g)
- 1 clove of garlic, minced (3 g)
- 1 tsp of ginger (2 g)
- 1.5 tsps of turmeric (5 g)
- 1.5 tsps cumin (3 g)
- 2 sweet potato (260 g)
- 250 grams of lentils, drained, rinsed
- 100 grams of baby spinach, raw
- 4 medium spring onions, diced(60 g)
- 600 grams vegetable stock
- 2 tsps, basil, fresh or dried (5 g)

COOKING METHOD

- 1° Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid.
- 2° Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.
- 3° Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1 ½ tsp ground turmeric and 1 ½ tsp ground cumin and cook for 1 min more.
- 4° Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture. Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.
- 5° Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
- 6° Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.
- 7° Alternatively, allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (363 g)	% DRI
ENERGY	109 kcal	395 kcal	20 %
FAT	2 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	1 mg	5 mg	2 %
SODIUM	77 mg	280 mg	12 %
CARBOHYDRATE	18 g	65 g	22 %
SUGARS	2 g	8 g	—
FIBER	3 g	11 g	43 %
PROTEIN	6 g	22 g	—