

Red Curry Lentils with Sweet Potatoes and Spinach

60 minutes

Recipe by Lidey Heuck



Ingredients

2 sweet potatoes	1 can coconut milk
1 yellow onion	4-5 ounces of spinach
3 tbsp red curry paste	2 bouillon cubes
3 cloves garlic	Cilantro
1" piece of fresh ginger	Toasted coconut
1 red Thai chili	Salt
1 cup red lentils	Olive oil



Instructions

1. Rinse Lentils and set aside. Add bouillon cubes to 4 cups of hot water and set aside.
2. Peel sweet potatoes and cut into 3/4" dice. Heat a couple of glugs of oil in a medium saucepan or Dutch oven over medium-high heat. Add sweet potatoes and cook, stirring occasionally for 5-7 minutes until lightly browned. Transfer to a plate and set aside.
3. Meanwhile, dice onion, mince garlic and grate ginger. Slice chili down the side and set aside with ginger and garlic.
4. Add another slug of oil to the pot and cook the onions until translucent, 4-6 minutes. Add the curry paste, garlic, ginger and chili and cook until fragrant, about 1 minute.
5. Add the lentils, stock, 2 tsp of salt and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.
6. Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 15 to 20 minutes.
7. Add the spinach and stir until just wilted, 2 to 3 minutes. Season with salt to taste.
8. Divide among shallow bowls and top with cilantro and coconut flakes.