



UCCOOK

Sweet Potato Buttah Masala

with naan bread

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	528kJ	3440kJ
Energy	126kcal	822kcal
Protein	4.2g	27.5g
Carbs	20g	133g
of which sugars	4.2g	27.4g
Fibre	3.1g	20g
Fat	4.2g	27.1g
of which saturated	2.6g	17g
Sodium	287mg	1871mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks <i>rinse, peel (optional) & cut into bite-sized pieces</i>
5ml	10ml	Vegetable Stock
60g	120g	Tinned Lentils <i>drain & rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
20ml	40ml	Spice & All Things Nice Curry Paste
100g	200g	Cooked Chopped Tomato
100ml	200ml	Coconut Cream
1	2	Naan Bread/s
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. OVEN-GRILLED POTS Preheat the oven to 200°C and boil the kettle. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MEANWHILE... Dilute the stock with 100ml [200ml] of boiling water and set aside.

3. LET 'S GET SPICY Place a pan over medium heat with a drizzle of oil. When hot, add the drained lentils, the grated garlic and ginger, the sliced chilli (to taste), and the curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato, the coconut cream, and the diluted stock. Stir until combined and bring to a simmer. Cook until reduced to a curry-like consistency, 10-12 minutes (stirring occasionally). Remove from the heat. Just before serving, toss through the roasted sweet potato and season.

4. TOASTY NAAN Place a clean pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan breads until golden brown, 1-2 minutes per side. Drain on paper towel.

5. AS TASTY AS CAN BE Pile up the loaded curry and side with the buttery naan bread. Garnish with the chopped coriander. If you'd like, sprinkle over any remaining chilli! Yum...