



UCCOOK

Hearty Coconut, Ginger & Lentils

with poppadoms

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	419kJ	3388kJ
Energy	100kcal	810kcal
Protein	4.3g	34.4g
Carbs	16g	132g
of which sugars	4.1g	32.9g
Fibre	4.2g	34.3g
Fat	1.9g	15g
of which saturated	1.4g	11.2g
Sodium	138mg	1116mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
1	1	Onion <i>peel & roughly dice</i>
1	1	Garlic Clove <i>peel & grate</i>
15g	30g	Fresh Ginger <i>peel & grate</i>
15ml	30ml	Turmeric Curry Rub <i>(5ml [10ml] Ground Turmeric & 10ml [20ml] NOMU Indian Rub)</i>
100g	200g	Cooked Chopped Tomato
100ml	200ml	Coconut Milk
50g	100g	Kale <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	4	Poppadoms

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, scatter over the lentils and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Scatter over the lentils at the halfway mark.

2. CURRY BASE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the garlic, the ginger, and the turmeric curry rub. Fry until fragrant, 2-3 minutes. Add the cooked chopped tomato, the coconut milk, and 50ml [100ml] of water. Simmer until slightly reduced, 10-12 minutes.

3. CRISPY KALE & CORIANDER Once the curry base has thickened slightly, add the kale and ½ the coriander. Simmer until the kale has wilted, 3-4 minutes. In the final 2-3 minutes, mix in the roast and seasoning. Remove from the heat.

4. POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

5. HURRY & ENJOY THE CURRY Bowl up the coconut curry and garnish with the remaining coriander. Serve with the crispy poppadoms on the side. Well done, Chef!