



# UCOOK

## Hearty Coconut, Ginger & Lentils

**with poppadoms**

You'll be thankful this recipe includes crispy poppadoms, so you can scoop up every last drop of this flavour-packed curry. Made with oven roasted sweet potato, earthy lentils, silky onion, and that welcoming warmth of ginger. Spiced with a special UCOOK turmeric curry rub.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Veggie

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Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc

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## Ingredients & Prep

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

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the sweet potato pieces 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 drained lentils and roast for the remaining time.

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

**3. CRISPY KALE & MINT** Once the curry base has thickened slightly, add the shredded kale, and ½ the chopped mint. 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 mint. Serve with the crispy poppadoms on the side. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, scatter over the drained lentils and roast for the remaining time.

## Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	4.3g
Carbs	16g
of which sugars	4.1g
Fibre	4.2g
Fat	1.9g
of which saturated	1.4g
Sodium	141mg

## Allergens

Allium, Sulphites

Eat  
Within  
4 Days