



# UCCOOK

## Fragrant Coconut, Ginger & Lentils

with poppadoms

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Nitida | Semillon

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 426kJ    | 3208kJ      |
| Energy             | 102kcal  | 766kcal     |
| Protein            | 4.5g     | 33.7g       |
| Carbs              | 16g      | 123g        |
| of which sugars    | 4g       | 29.8g       |
| Fibre              | 4.4g     | 32.9g       |
| Fat                | 2g       | 15g         |
| of which saturated | 1.5g     | 11.2g       |
| Sodium             | 144mg    | 1087mg      |

**Allergens:** Sulphites, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                     |
|----------|------------|-----------------------------------------------------------------------------------------------------|
| 600g     | 800g       | Sweet Potato Chunks<br><i>cut into bite-sized pieces</i>                                            |
| 360g     | 480g       | Tinned Lentils<br><i>drain &amp; rinse</i>                                                          |
| 2        | 2          | Onions<br><i>peel &amp; roughly dice</i>                                                            |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                                            |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                             |
| 45ml     | 60ml       | Turmeric Curry Rub<br><i>30ml [40ml] NOMU Garam<br/>Masala Rub, 15ml [20ml]<br/>Ground Turmeric</i> |
| 300g     | 400g       | Cooked Chopped Tomato                                                                               |
| 300ml    | 400ml      | Coconut Milk                                                                                        |
| 150g     | 200g       | Kale<br><i>rinse &amp; roughly shred</i>                                                            |
| 8g       | 10g        | Fresh Coriander<br><i>rinse &amp; roughly chop</i>                                                  |
| 6        | 8          | 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, 30-35 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, 25-30 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 150ml [200ml] of water. Simmer until slightly reduced, 12-15 minutes.

**3. KALE** Once the curry base has thickened slightly, add the kale and ½ the coriander. Simmer until the kale has wilted, 5-6 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!