



UCCOOK

Hearty Coconut, Ginger & Lentils

with poppadoms

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	425kJ	3205kJ
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	1086mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Coconut Milk
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
360g	480g	Tinned Lentils <i>drain & rinse</i>
600g	800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
45ml	60ml	Turmeric Curry Rub <i>(15ml [20ml] Ground Turmeric & 30ml [40ml] NOMU Indian Rub)</i>
300g	400g	Cooked Chopped Tomato
6	8	Poppadoms
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Garlic Cloves <i>peel & grate</i>
150g	200g	Kale <i>rinse & roughly shred</i>
2	2	Onions <i>peel & roughly dice</i>

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. CRISPY KALE & CHIVES Once the curry base has thickened slightly, add the kale and ½ the chives. 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 chives. Serve with the crispy poppadoms on the side. Well done, Chef!