



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.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jemimah Smith

Veggie

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

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Ingredients & Prep

750g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
360g	Tinned Lentils <i>drain & rinse</i>
2	Onions <i>peel & roughly dice</i>
2	Garlic Cloves <i>peel & grate</i>
45g	Fresh Ginger <i>peel & grate</i>
45ml	Turmeric Curry Rub <i>(15ml Ground Turmeric & 30ml NOMU Indian Rub)</i>
300g	Cooked Chopped Tomato
300ml	Coconut Milk
150g	Kale <i>rinse & roughly shred</i>
15g	Fresh Mint <i>rinse, pick & roughly chop</i>
6	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, 30-35 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, 7-8 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 150ml of water. Simmer until slightly reduced, 12-15 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, 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 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