



UCOOK

Sweet Potato Buttah Masala

with naan bread

Experience first class comfort with this buttah lentil curry: a thick, creamy sauce swirled with roast sweet potato, & parsley. Served alongside toasty naan bread. Flavourful and currylicious!

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser

Veggie

Creation Wines | Creation Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
20ml	Vegetable Stock
240g	Tinned Lentils <i>drain & rinse</i>
2	Garlic Cloves <i>peel & grate</i>
40g	Fresh Ginger <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
80ml	Spice & All Things Nice Curry Paste
400g	Cooked Chopped Tomato
400ml	Coconut Cream
4	Naan Breads
10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. OVEN-GRILLED POTS Preheat the oven to 200°C and boil the kettle. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. MEANWHILE... Dilute the stock with 400ml of boiling water and set aside.

3. LET'S GET SPICY Place a pan over medium heat with a drizzle of oil. When hot, add the drained lentils, the grated garlic & ginger, the sliced chilli (to taste), and the curry paste (to taste). Fry until fragrant, 2-3 minutes (shifting constantly). Pour in the cooked chopped tomato, the coconut cream, and the diluted stock. Stir until combined and bring to a simmer. Cook until reduced to a curry-like consistency, 12-15 minutes (stirring occasionally). Remove from the heat. Just before serving, toss through the roasted sweet potato and season.

4. TOASTY NAAN Place a clean pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan breads until golden brown, 1-2 minutes per side. Drain on paper towel.

5. AS TASTY AS CAN BE Pile up the loaded curry and side with the buttery naan bread. Garnish with the chopped parsley. If you'd like, sprinkle over any remaining chilli! Yum...

Nutritional Information

Per 100g

Energy	585kj
Energy	140kcal
Protein	4.2g
Carbs	20g
of which sugars	4.2g
Fibre	3.1g
Fat	4.2g
of which saturated	2.6g
Sodium	287mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days