



# UCOOK

## Katlego's Masala Sweet Potato

with minted yoghurt, lentils & lime

Sweet potatoes remind me of my 'student days', where eating curried sweet potato soup was a staple. I wanted to pay homage to this humble vegetable. I'm a huge fan of texture and the lentils provide just that, in a delicious yet gentle manner. All complimented with the creaminess of the yoghurt to round everything off, allowing you to experience a flavour sensation.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Katlego Mlambo

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 Vegetarian

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 No paired wines

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## Ingredients & Prep

30ml	Medium Curry Powder
250g	Sweet Potato <i>rinsed &amp; halved lengthways</i>
1	Red Onion <i>½ peeled &amp; finely sliced</i>
50ml	Pickling Liquid <i>(30ml Rice Wine Vinegar &amp; 20ml Honey)</i>
120g	Lentils <i>drained &amp; rinsed</i>
1	Garlic Clove
20g	Pecan Nuts
4g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
30g	Green Leaves <i>rinsed &amp; gently shredded</i>
65ml	Double Cream Plain Yoghurt
1	Lime <i>½ zested &amp; cut into wedges</i>
20ml	Pickled Jalapeño Relish

## From Your Kitchen

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

**1. SASSY SWEET POTATO** Preheat the oven to 200°C. In a small bowl combine 10ml of oil with  $\frac{3}{4}$  of the curry powder, mixing until fully combined. Rub the sweet potato halves with the curried oil and season to taste. Wrap them in tinfoil flat side down and place on a roasting tray. Roast in the hot oven for 30-35 minutes until cooked through and soft. You can check if they're cooked by sticking a knife into the potato through the foil – if it comes out easily you know it's done!

**2. PICKLE AND CRISP** In a bowl, add the finely sliced onion and pickling liquid. Season to taste, mix well to combine, and set aside to pickle. On a second roasting tray, place the drained lentils, a drizzle of oil, the remaining curry powder, and garlic clove. Season, toss together, and spread out in a single layer. Roast in the hot oven for 15-20 minutes until the lentils are crispy and the garlic is soft. On completion, squeeze the garlic out of its skin, roughly mince the flesh, and set aside for step 4.

**3. TOASTY PECANS** Place the pecan nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**4. BRING THE FRESHNESS** Drain the pickling liquid from the onions into a bowl. Toss  $\frac{1}{2}$  of the chopped mint through the drained red onions. Place the rinsed green leaves in a salad bowl, add  $\frac{3}{4}$  of the toasted pecan nuts, and toss with the reserved pickling liquid to taste. In a separate bowl, mix the plain yogurt with the lime zest and roasted minced garlic. Season to taste and set aside for serving.

**5. FINAL TOUCHES** Once the potato halves are cooked, gently unwrap them, discard the foil, and thickly slice to get them ready for serving. Be careful as they will be hot!

**6. FEAST FIT FOR ROYALTY** To plate up this gorgeous feast, make a bed of the crispy lentils and spread over the curried sweet potato slices. Top with generous dollops of the zesty garlic yoghurt and jalapeño relish. Garnish with the remaining chopped mint and pecan nuts. Serve with the fresh salad, pickled red onions, and a lime wedge. Hop on the bus to flavour-town, Chef!



## Chef's Tip

Quick pickling is a brilliant solution for preserving veg when you've got an abundance. Simply add chopped veg to a vinegar, water and salt (sometimes sugar, too) solution, and store in the refrigerator.

## Nutritional Information

Per 100g

Energy	548kj
Energy	131Kcal
Protein	5g
Carbs	22g
of which sugars	7.7g
Fibre	6.1g
Fat	2.9g
of which saturated	0.4g
Sodium	57mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within  
4 Days