



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Veggie

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

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## Ingredients & Prep

|       |                                                                                |
|-------|--------------------------------------------------------------------------------|
| 1kg   | Sweet Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 480g  | Tinned Lentils<br><i>drain &amp; rinse</i>                                     |
| 2     | Onions<br><i>peel &amp; roughly dice</i>                                       |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>                                       |
| 60g   | Fresh Ginger<br><i>peel &amp; grate</i>                                        |
| 60ml  | Turmeric Curry Rub<br><i>(20ml Ground Turmeric &amp; 40ml NOMU Indian Rub)</i> |
| 400g  | Cooked Chopped Tomato                                                          |
| 400ml | Coconut Milk                                                                   |
| 200g  | Kale<br><i>rinse &amp; roughly shred</i>                                       |
| 20g   | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>                            |
| 8     | 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 200ml 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