BBC goodfood

Spinach, sweet potato & lentil dhal

Prep: 10 mins   Easy   Serves 4
Cook: 35 mins

Ingredients

1 tbsp sesame oil

1 red onion, finely chopped

1 garlic clove, crushed

thumb-sized piece ginger, peeled and finely chopped

1 red chilli, finely chopped

1½ tsp ground turmeric

1½ tsp ground cumin

2 sweet potatoes (about 400g/ 14oz), cut into even chunks

250g red split lentils

600ml vegetable stock

80g bag of spinach

4 spring onions, sliced on the diagonal, to serve

½ small pack of Thai basil, leaves torn, to serve

Method

Step 1   Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid.

Step 2   Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

Step 3   Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.

Step 4   Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.

Step 5   Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

Step 6   Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

Step 7   Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

Step 8   Alternatively, allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox.