

Sweet Potato and Spinach Lentil Curry

1 tbsp olive oil
1 onion, diced
1 tbsp fresh ginger, grated
3 garlic cloves, minced
1-3 tbsp curry paste (I use Madras)
1 tsp cumin
1 tsp tumeric
1/2 tsp salt
2 yams (the dark orange “sweet potato”)
1/2 c dried red lentils, rinsed and picked over for stones
1 can (14oz) light coconut milk
1 c water
3 c pack baby spinach leaves

Sauté onion and oil until translucent, then add garlic for another minute. Add the spices, ginger and curry paste and stir. Then add the yams, lentils, coconut milk and water.

Bring to a simmer, then cover and turn heat to low for about 20min until yams are tender.

Uncover and put in the spinach leaves, continuing to cook until the leaves are wilted and dark green. Serve immediately. (Goes well with rice). Enough for 4-6 people.