SWEET POTATO CURRY
(SERVES 8)

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 170g jar red thai curry paste
- 100g red lentils
- 1kg sweet potato, peeled and chopped into large chunks
- 2aubergine, chopped into large chunks
- 2 cans light coconut milk
- 2 tablespoons peanut butter
- 300g spinach, fresh or frozen
- Lime and/or fish sauce to taste
- Fresh coriander, chopped for garnish

INSTRUCTIONS:

- Heat the oil in a large saucepan over a medium heat.
- Add the onion to the pan and sauté until the start to soften and look translucent.
- Add the curry paste and cook for 1-2 minutes.
- Add the lentils and aubergine and stir continuously to coat them in the curry paste. Cook for 2 minutes.
- Add the sweet potato and coconut milk, if the mixture looks a bit thick at this point add a can full of water as well.
- Bring the mixture up to the boil and then simmer for approximately 45 minutes by which point the lentils and sweet potato will have softened and the sauce thickened.
- Add in the peanut butter and spinach and stir well to combine and allow the spinach to wilt (if using fresh)then remove from the heat. If using frozen spinach given the curry an extra 5 minutes to allow the spinach to thaw and mix through properly.

300 cals 29gP 41g C 11g F