



### Sweet Potato and Spinach Dahl (Serves 4)

600 g Sweet potatoes, peeled and cut into 2 - 3 cm dice

1 tbsp oil

100 g Rogan josh curry paste (can be bought or use Jamie Oliver recipe)

400 g Can chopped tomatoes

400 g Can green lentils

250 g bag of fresh spinach

100 g of Greek style natural yoghurt.

1. Boil the sweet potatoes in a pan of water for 10 -15 mins, then drain. Don't allow to get too soft.
2. Heat the oil in a large frying pan. Fry the sweet potatoes and curry paste for 2 mins. Add the tomatoes, lentils & 50ml water. Cook for 5 mins. Stir in the spinach and cook until wilted. (1-2 mins)
3. Serve with rice, topped with a spoonful of yoghurt and perhaps even a naan bread if you're feeling very indulgent.