



Serves: 4

Ingredients

2 tsp curry powder

1 1/2 cups dry green lentils, rinsed

1 cup plain Greek yogurt

1/2 cup chopped fresh coriander

4 small sweet potatoes

Pinch each sea salt and fresh ground black pepper

2 tsp coconut oil

2 cloves garlic, minced

1 cup organic veggie stock

INSTRUCTIONS:

- Peel sweet potatoes and bring to the boil in a saucepan (until tender), drain and place to the side.
- In a large saucepan heat oil on medium-high, Add curry powder and garlic and cook, stirring, until fragrant, about 1 minute.
- Add lentils to saucepan and stir to coat. Stir in veggie stock and 3 cups cold water; bring to a boil.
- Reduce heat to medium and cook, stirring occasionally, until lentils are tender and most liquid is absorbed, about 30 minutes.
- Divide evenly among serving bowls, add sweet potatoes, season to taste with salt and pepper, and garnish each with yogurt and 2 tbsp coriander. (NOTE: if lentils are still hard after 30 minutes, add 1/2 cup more water and continue to cook until softened.)