

INDIAN SPINACH AND SWEET POTATO DAL

SOUTH ASIA
/ INDIA

ORIGINS

One of India's most famous dishes, the origins of the humble Dal date way back to 3000 BC. Archaeological evidence has discovered it was a staple dish made by the Indus Valley Civilization as it was sustaining and easy to prepare from readily available pulses and spices. Still an essential dish in Indian cuisine today, many versions have been made, including vegetables and meats.



4



10 min



20 min



WHAT YOU NEED

- 1/2 pkt (17 g) Indian spice
- 200 g red lentils
- 1 onion, chopped
- 200 g sweet potatoes, cubed
- 100 g spinach leaves
- 2 cups vegetable stock
- 1 lemon, juiced

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min.

②

Add sweet potatoes, lentils and stock. Bring to the boil, simmer 20 min.

③

Stir in spinach, and season with lemon juice.

HOW TO SERVE

Serve with rice or roti. Garnish with fresh thai basil or coriander.

HINTS & TIPS

SIDES & CONDIMENTS

The addition of 400 ml coconut milk will give a creamier texture and taste. Add at step 2.

SWAPS & ALTERNATIVES

veggie combos: for a chunky style dish, roast potatoes separately and add with spinach.
alternative: any type of lentil or pulse can be used.

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