The Sailing Chef

Ingredients :

- 1 TBS of coconut oil
- 1 large onion chopped
- 3 garlic cloves finely chopped
- 2 TBS finely grated ginger
- 2 TBS red curry paste
- 2 medium sweet potatoes cut into 1.5cm cube
- 2 carrots peeled and cut into 1.5cm cube
- 1 can of coconut milk
- 1 cup red/coral lentil
- A handful of coriander stalks chopped
- Juice of 1 lime

Preparation:

To prepare this curry, heat up oil on a medium heat, stir the onion until caramelized, add garlic, ginger, curry paste. Then add the potatoes and carrot, stir another 5 minutes. Add the lentil and the coconut milk + 2 cup of water.

Reduce the heat to low and let everything come to a gentle boil, simmer covered until sweet potatoes are tender.

Bon Appetit!

SWEET POTATOES & RED LENTIL CURRY

MORGANE

Tips:

You can add some sour cream on top and serve with rice or nan or in wrap!

If you like spinach or cashew nuts add some to the curry before serving.