



Sweet Potato Dahl with Turmeric & Ginger

Like risotto or stews, all you really need to make a good dahl is a well-made bone broth as a base

Serves: 3

Prepare: 15 Minutes

Cook: 45 Minutes

Difficulty: Easy

Ingredients

- 2tbsp coconut oil/ghee
- 2 red onions
- 1 inch of ginger
- 1 heaped tsp ground turmeric
- 1tsp cumin seeds/ powder
- 2 cups (280g) red split lentils
- 3 large tomatoes, finely chopped
- [1 pouch \(324g\) organic chicken bone broth](#)
- 400ml coconut milk
- 550g sweet potato, peeled and cut into 2cm pieces
- salt & pepper, to season
- 6 organic carrots for roasting (optional)
- 1tbsp of olive oil (for the carrots, optional)
- 1tsp of organic honey (for the carrots, optional)
- fresh coriander leaves, to serve
- 1tsp of chilli flakes to serve

Method

1. Sauté the onions in the ghee or oil in a large saucepan over a low-medium heat. Let it simmer for about 5 minutes until soft and then add the ginger and turmeric. Cook, stirring, for 1-2 minutes then add in the cumin and cook for 1 minute. Season to taste
2. Next add the lentils, chopped tomatoes, coconut milk, and chicken broth
3. Bring to the boil, stir well and partially cover. Simmer for 10 minutes then stir in the sweet potato, partially cover and simmer for 35-40 minutes, stirring now and then. Uncover and season if needed
4. Whilst it simmers, pop your carrots into an oven tray and cover in some oil and glaze with honey. Cook at 200°C until roasted (approximately 20 minutes)
5. Once ready, serve your dahl in bowls and garnish with the roasted carrots, coriander and chilli flakes