



Lentil and sweet potato stew

Lentil and sweet potato stew is real healthy comfort food and it doesn't take long to rustle up. Great for lunch or for a more hearty main evening meal. A firm family favourite.

Ingredients

- 1 TBS rapeseed oil
- 1 small onion, finely chopped
- 2cm piece root ginger, grated
- 1 garlic clove, crushed
- 2 tsp ground coriander
- 1/2 tsp sweet, smoked paprika, plus extra for garnish (optional)
- 2 celery stalks, cut into chunks
- 350g sweet potato, cut into large chunks
- 100g red lentils
- 450ml hot vegetable stock
- Small handful fresh baby spinach
- 2 TBS low-fat natural yogurt
- Salt and pepper

Serves 2

Method



1. Heat the oil in a pan, add the onion and cook for 5-10 minutes until softened and starting to turn golden
2. Add the ginger, garlic, coriander and paprika and cook for 1 minute
3. Add the celery, sweet potato and lentils. Stir for 1-2 minutes. Season
4. Pour in the stock, cover and bring to the boil. Simmer gently for 30-35 minutes until the lentils are cooked through
5. Divide between 2 bowls
6. Top with the spinach, a spoonful of yogurt and a sprinkling of paprika if you like
7. Serve at once.



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