

## Red Lentil Dahl with Sweet Potato

200g red lentils, rinsed  
1 sweet potato, chopped into 2cm pieces  
1 red onion, halved, finely chopped  
3 garlic cloves, finely chopped  
½ long red chilli, seeds removed, finely sliced  
2 tablespoons mild curry powder  
2 tablespoons tomato paste  
150g yoghurt  
2 spring onions, finely chopped  
2 tablespoons chopped mint leaves

Combine lentils, sweet potato, red onion, garlic, chilli, curry powder, tomato paste and 1 teaspoon salt in a saucepan with 750ml water. Bring to the boil over a medium-high heat, then simmer uncovered, for 15 minutes or until the sweet potato is tender and the lentils are soft and porridge-like. If it's too soupy, increase the heat and cook a little longer; if it's too thick, add a dash of water. Combine yoghurt, spring onion and mint, then season well. Serve the dhal with the minted yoghurt and some naan bread.

