

Slow Cooker Red Lentil & Sweet potato Dahl

Lunch

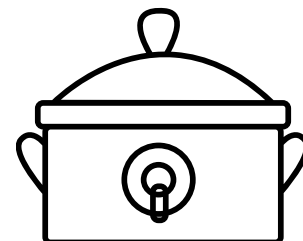
Dinner

Freezer safe

serves: 6



Equipment needed:



Ingredients:

- Vegetable Oil
- 1 and 1/2 tablespoon curry powder
- 1 and 1/2 cups of dried red lentils
- 1 Litre vegetable stock
- 250g grated sweet potato

To Serve with:

- Rice of choice
- spinach/steamed vegetables of choice
- greek yoghurt

method:

1. Place oil and curry powder in your slow cooker. place slow cooker on high, cover and heat curry powder and oil, stirring occasionally until fragrant.
2. Add lentils, sweet potato and stock and mix to combine
3. **Cooking the Dahl:**
 - 6 hours on low setting
 - 4 hours on high setting
 - or until lentils are tender and mixture has thickened

Tip: This recipe is a great option to freeze into individual or family portions for an easy meal later on.

Recipe adapted from Woolworths