

# Sweet Potato & Cauliflower Curry with Lentils

## Ingredients

YIELDS: 5 servings    PREP TIME: 30 minutes

- 2 cloves garlic
- 1 tbsp (15ml) fresh ginger or 1 tsp (5ml) ginger powder
- 1 medium onion
- 2 medium sweet potatoes
- 1 small cauliflower (approx. 4 cups)
- 1 can (19 oz./540 mL) brown lentils
- 1 tbsp. (15ml) canola oil
- 3 tbsp. Indian curry paste (mild or Madras)
- 1 can (400 mL) coconut milk
- 1 cup (250 mL) water
- 1/4 tsp salt and pepper
- 1/2 cup (125 mL) fresh cilantro leaves



EQUIPMENT: Can opener / 2 cutting boards / electric skillet / 3 knives / liquid measuring cup / set of measuring spoons / large plate for serving / small plates for sampling / strainer / spoon / vegetable peeler

## Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Mince garlic and ginger into very small pieces, chop onion.
- 3) Peel sweet potatoes and cut into ½ inch (1 cm) pieces. Chop cauliflower into small florets.
- 4) Rinse and drain lentils using a strainer.
- 5) Heat oil in electric skillet on medium-low heat. Add garlic, ginger and onion and sauté until softened, 2 to 3 minutes.
- 6) Add curry paste, stirring thoroughly into ingredients; cook for another 2 to 3 minutes.
- 7) Add sweet potatoes; stir and cook for 2 to 3 minutes.
- 8) Stir in cauliflower, lentils, coconut milk, water, salt and pepper; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 10-15 minutes, until the vegetables are tender.
- 9) Chop cilantro while curry is cooking. Once cooked, remove from heat and stir in cilantro.

### Chef's Tip ..

*Electric skillets have a large cooking surface and there is a tendency for liquid to evaporate. If a dish gets too thick add small amounts of water.*

*Let's Get Cookin'!*

