



# SWEET POTATO & SPINACH DAHL

THE PERFECT ONE POT WONDER FOR YOUR CAMPING  
TRIP

- tablespoon oil
- 2 sweet potatoes, cut into chunks
- 100g red lentils
- 500ml vegetable stock
- 1 small (approx 200g) can tinned tomatoes
- 1 tsp tumeric
- 2 tsp garam masala
- 1 red chilli finely chopped
- 2 big handfuls baby spinach
- Naan bread to serve

- 1** Heat the oil over a medium-high heat. Add the onion and stir until it begins to soften. Add the spices and chilli and cook for a further 2 minutes.
- 2** Add the sweet potatoes, stock, tomatoes and lentils. Stir and leave to simmer until the potatoes and lentils are tender.
- 3** Just before serving, add the spinach. Serve with naan or crusty bread