



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place it in a bowl of water in the fridge to store or rehydrate.



Sweet Potato Lentil Stew with Crispy Kale

A comforting tomato lentil stew, mildly spiced with coriander and cumin, topped with crispy kale leaves, finished with lemon, coconut yoghurt and GH Produce's crunchy bush dukkah mix.



30 minutes



4 servings



Plant-Based

Slow cook it!

You can prepare all the ingredients and add them to a slow cooker in the morning! Leave it to cook on low heat for 4-5 hours, ready for you when you return.

Per serve: **PROTEIN** 17g **TOTAL FAT** 15g **CARBOHYDRATES** 73g

FROM YOUR BOX

SWEET POTATOES	800g
CHERRY TOMATOES	2 x 200g
RED ONION	1
RED LENTILS	200g
TOMATO SUGO	1 jar
KALE	1 bunch
LEMON	1
COCONUT YOGHURT	1 tub
BUSH DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground coriander

KEY UTENSILS

oven tray, saucepan with lid

NOTES

If you don't have cumin seeds, use ground cumin instead.

You can roast the kale on a separate tray if you have one. This will help it crisp up even more!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **sweet potatoes** (2-3cm). Halve **tomatoes**. Toss on a lined oven tray with **3 tsp cumin seeds, oil, salt and pepper** (see notes). Roast in oven for 20 minutes.



4. CRISP THE KALE

Roughly chop, rinse and pat dry **kale leaves**. Toss with **lemon zest, oil, salt and pepper**. Place on tray with roasting **vegetables** and return to the oven for 5-7 minutes until **kale** is crispy (see notes).



2. SAUTÉ THE AROMATICS

Heat a large saucepan or frypan over medium heat with **oil**. Slice and add **onion** along with **1 tsp cumin seeds** and **1 tbsp ground coriander**. Cook for 5 minutes until fragrant (add more oil if needed).



5. FINISH THE LENTILS

Stir **1/2 the roasted vegetables** through **lentils**. Squeeze in **juice from 1/2 lemon** (wedge remaining) and season with **salt and pepper**.



3. SIMMER THE LENTILS

Stir in **lentils, tomato sugo** and **5 cups water**. Increase heat to medium-high. Cover and simmer for 15 minutes.



6. FINISH AND SERVE

Divide **lentils** among bowls. Top with **remaining roasted vegetables**. Serve with a drizzle of **coconut yoghurt** and sprinkle with **bush dukkah**.



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