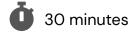


# Satay Sweet Potato & Lentils

Golden roasted sweet potato with Puy lentils and creamy satay peanut sauce, topped with a fresh apple and mint salsa.







You can transform this dish into a curry dahl if preferred! Dice the sweet potato and simmer with lentils, coconut milk, peanut butter, stock and curry spices until tender. Serve with the salsa as a topping.

TOTAL FAT CARBOHYDRATES

11 January 2021 65g

#### FROM YOUR BOX

PUY LENTILS	100g
SWEET POTATOES	400g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
SPRING ONION	1 *
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1/2 *
GREEN APPLE	1
MINT	1/2 bunch *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine (or rice wine) vinegar, soy sauce (or tamari)

## **KEY UTENSILS**

oven tray, saucepan, stick mixer or blender

#### **NOTES**

An easy way to wash the mint leaves is with a salad spinner.



## 1. COOK THE LENTILS

Set oven to 220°C.

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 12-15 minutes until tender. Drain and rinse. Toss with 1 tbsp olive oil, salt and pepper.



## 2. ROAST SWEET POTATOES

Cut sweet potatoes into large wedges and toss on a lined oven tray with oil, salt and pepper. Roast for 20-25 minutes or until cooked through.



## 3. PREPARE THE SAUCE

Blend peanut butter with coconut milk, 1 tbsp soy sauce and 1 tbsp vinegar using a stick mixer or blender.



# 4. PREPARE THE SALSA

Slice the spring onion. Dice cucumber, capsicum and apple. Roughly chop mint leaves. Toss together with 1 tsp vinegar and 1/2 tbsp olive oil.



# **5. FINISH AND PLATE**

Divide sweet potatoes and lentils among shallow bowls. Pour over peanut sauce and garnish with salsa.





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