




Product Spotlight: Puy Lentils

Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



3 Satay Sweet Potato & Lentils

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

 30 minutes

 4 servings

 Plant-Based

11 January 2021

Mix it up!

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.

Per serve: **PROTEIN** 11g **TOTAL FAT** 23g **CARBOHYDRATES** 56g

FROM YOUR BOX

PUY LENTILS	200g
SWEET POTATOES	800g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
SPRING ONIONS	1/3 bunch *
CONTINENTAL CUCUMBER	1
RED CAPSICUM	1
GREEN APPLE	1
MINT	1/2 bunch *

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



5. FINISH AND PLATE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

