

Curried sweet potato

13



Ingredients

Serves 2

- 200g sweet potatoes
- 50g cooked green lentils
- 1 x 5ml spoon curry paste
- 60g low fat plain yogurt

Equipment



Method

1. Peel, cut into chunks and boil the sweet potatoes for about 10 minutes or until just cooked. Take care.
2. Drain the potatoes in a colander over the sink.
3. When the potatoes are cool, add the lentils.
4. Mix the curry paste into the yogurt.
5. Stir the yogurt mix into the potatoes.
6. Place the salad into a serving bowl.

Top tips

- * No lentils? Why not add a small can of mixed beans instead?
- * Try adding fresh coriander leaves.
- * Mix in sultanas or chopped dried apricots.

Skills

Preparing sweet potatoes.



Using the hob.



Measuring.



EAT FOR HEALTH

- * Sweet potatoes are a type of starchy food which give you energy as well as fibre to keep your gut healthy.
- * Green lentils are a source of protein to help growth and development. They also provide iron for healthy blood.

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

