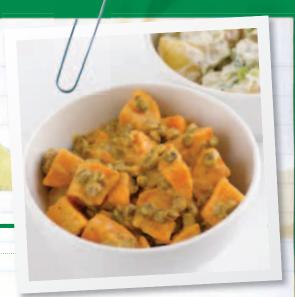
Curried (3) Sweet potato



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.

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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.