



Sweet Potato & Cauliflower Curry with Lentils

YIELDS: 5 servings

PREP TIME: 30 minutes

Ingredients

- 2 cloves garlic
- 15 mL (1 tbsp) fresh ginger or
15 mL (1 tsp) ginger powder
- 1 medium onion
- 2 medium sweet potatoes
- 1 small (approx. 4 cups) cauliflower
- 540 mL (1 can) brown lentils
- 15 mL (1 tbsp) canola oil
- 45 mL (3 tbsp) Indian curry paste (mild or Madras)
- 400 mL (1 can) coconut milk
- 250 mL (1 cup) water
- 1 mL (¼ tsp) salt and pepper
- 125 mL (½ cup) fresh cilantro

EQUIPMENT: can opener | 2 cutting boards | electric skillet | 3 knives | liquid measuring cup | set of measuring spoons | large plate for serving | small plates for sampling | strainer | spoon | vegetable peeler

Directions

1. Thoroughly wash all produce under cool running water.
2. Mince garlic and ginger and chop onion.
3. Peel sweet potatoes and cut into ½ inch (1 cm) pieces. Chop cauliflower into small florets.
4. Wash top of lentil can and open can using a can opener. Rinse and drain lentils using a strainer.
5. Heat oil in electric skillet on medium-low heat. Add garlic, ginger and onion and sauté until softened, 2 to 3 minutes.



Figure 1: Sweet Potato & Cauliflower Curry with Lentils

Let's Get Cookin'!

Sw
SOUTHWESTERN
Public Health
Oxford • Elgin • St.Thomas

ML
BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com



6. Add curry paste, stirring thoroughly into ingredients; cook for another 2 to 3 minutes.
7. Add sweet potatoes; stir and cook for 2 to 3 minutes.
8. Stir in cauliflower, lentils, coconut milk, water, salt and pepper; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 10-15 minutes, until the vegetables are tender.
9. Remove from heat; stir in cilantro.

CHEF'S TIP: Electric skillets have a large cooking surface and there is a tendency for liquid to evaporate. If a dish gets too thick add small amounts of water as needed.

Let's Get Cookin'!

Sw
SOUTHWESTERN
Public Health
Oxford • Elgin • St.Thomas

ML
BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com