

# BRONX EATS

Cuisines from Around the World Series  
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## **Spinach, Sweet Potato and Lentil Dahl**

by Stephanie Ignacio

### **Ingredients:**

- 1 Tbs. sesame oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- 1 thumb-sized piece of ginger, peeled and finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 2 sweet potatoes, cut into even chunks
- 1 cup red split lentils
- 2 ½ cups vegetable stock
- 2 cups spinach
- 4 scallions/green onions, chopped
- ½ small pack of basil, leaves torn

### **Directions:**

- Heat sesame oil in a wide based pan with a tight-fitting lid.
- Add chopped red onion.
- Cook over low heat for 10 minutes, stirring occasionally, until softened.
- Add crushed garlic and chopped ginger.
- Cook for 1 minute, then add turmeric and cumin and cook for one more minute.
- Add sweet potatoes, turn up the heat to medium, and stir together so the sweet potato is coated in the mixture.
- Pour in red lentils, vegetable stock and salt (to taste).
- Bring the liquid to boil, reduce the heat, cover and cook for 20 minutes until the lentils are tender and the potato is just holding its shape.
- Taste and adjust the seasoning to taste
- Gently stir in spinach leaves.
- Once wilted, top with scallions and torn basil leaves.
- Serve and enjoy!