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It's what we do

During Ramadan, the month of fasting for Muslims, the fasting day comes to an end at sunset when families and friends come together to enjoy great food. You don't have to be Muslim to get involved, so try your hand at these tasty and simple recipes.

# Red Lentil Dahl with Sweet Potato

## Ingredients:

**Makes 4 - Ready in 40 mins**

- 1 ½ tbsp vegetable oil
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 5cm ginger, grated
- 2 red chillies, deseeded and finely chopped
- 2 tsp ground cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- 250g dried red lentils (prepared according to the pack instructions)
- 1 litre vegetable stock, made with 1 stock cube
- 250g sweet potato, peeled and cut into 2cm chunks
- 2 tbsp Co-op mixed seeds
- 4 Co-op British free range eggs

## Method:

1. Heat ½ tbsp of the oil in a large pan, then fry the onion, garlic, ginger and half the chilli on a medium heat for 4-5 mins, until the onion is soft
2. Add the spices, then fry for another minute, until fragrant
3. Stir in the lentils, cook for 1 more minute, then pour in the stock
4. Bring to a boil, add the sweet potato and simmer for 20-25 mins, until the lentils are cooked and the sweet potato is soft
5. Meanwhile, heat the remaining oil in a small frying pan
6. Toast the seeds, along with the rest of the chilli, for 1-2 mins, until golden, then remove with a slotted spoon
7. Fry the eggs to your liking
8. Spoon the dahl into serving bowls, then top each bowl with an egg and a sprinkling of the toasted chilli seeds