

# Sweet Potato & Spinach Dhal

## SERVES 4

Total cost: £8.15  
Price per meal: £2.03

## UTENSILS

1 medium saucepan + lid  
Wooden spoon  
Measuring jug  
Chopping board  
Sharp knife

## INGREDIENTS

1 red onion 10p  
1 garlic clove 45p  
piece of ginger 60p  
1 red chilli 45p  
1½ tsp ground turmeric 5p  
1½ tsp ground cumin 5p  
2 large sweet potatoes £1.60  
250g red split lentils £1.00  
600ml vegetable stock  
80g bag of spinach £1.65  
4 spring onions 70p  
½ small pack of basil £1.50

Kcal 397 | Fat 5g | Saturates 1g | Carbs 65g  
Fibre 11g | Protein 18g | Salt 0.6g

- 01** Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid. Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.
- 02** Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.
- 03** Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.
- 04** Tip in 250g red split lentils, 600ml vegetable stock and some seasoning. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
- 05** Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

## MORE RESOURCES TO HELP YOU COOK FOR LESS:

Love Food Hate Waste ([www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com))

Top tips to avoid food waste and get the most out of your weekly shop

Cooking on a Bootstrap ([www.cookingonabootstrap.com](http://www.cookingonabootstrap.com))

Food blogger & author Jack Monroe's site features wide range of tasty recipes from as little as 24p a serving

Feed Yourself for £1 a day

A Facebook community with over 250,000 members all sharing their best tips on frugal cooking

British Dietetic Association ([www.bda.uk.com](http://www.bda.uk.com))




Advice on making your cooking go further, batch cooking and healthy meals on a budget

Eco Soup

Head to the Students' Union every Tuesday (Headingley) and Wednesday (City) between 12:00 – 14:00 for healthy, nutritious vegan meals on a Pay As You Feel basis

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# NO WASTE WE'LL COOK

Sweet Potato  
& Spinach Dhal

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