

## Curried Lentils, Cauliflower and Sweet Potato

An easy and delicious vegetarian option that re-heats well in the microwave. This dish will take only 10 minutes to prepare and 30 minutes to cook. Makes 4, 2 cup servings relatively high in protein (16g) and low in calories (300 Kcal per serving) with 5g of fat.

### **Ingredients**

- 1 large onion chopped
- 3 Tbls Indian curry paste
- 10 Cardamom pods
- 2 medium sweet potatoes, peeled and cubed
- ¾ cup green or brown lentils
- 2 cups vegetable broth
- 1 small cauliflower, cut into florets
- ¼ cup fresh coriander leaves
- Salt & pepper to taste
- Plain yogurt as a topping

### **Directions**

1. Heat large, heavy saucepan over medium-low heat. Add onion and curry paste, stirring paste thoroughly into onion; cook, stirring constantly, for 2 to 3 minutes.
2. Smash cardamom pods with large knife. Remove small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes; cook for 2 to 3 minutes.
3. Stir in rinsed lentils and broth; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 15 minutes.
4. Add cauliflower and return to boil; reduce heat and simmer for 8 to 10 minutes or until lentils and vegetables are tender.
5. Remove from heat; stir in coriander. Season to taste with salt and pepper. Let stand a few minutes before serving with dollop of yogurt

For a photo and more vegetarian recipes go to:

<https://www.unlockfood.ca/en/Recipes/Vegetarian/Curried-Lentils,-Sweet-Potato-and-Cauliflower.aspx>