

Sweet Potato Lentil Curry

Enjoy this delicious vegan main dish – a flavorful sweet potato and lentil curry with warm spices, cooked in coconut milk!



Main Dish

30 min

Total time

Easy

Difficulty

586

kcal / serving

Ingredients

- 1 cup dry green or brown lentils, rinsed
- 1 medium-large sweet potato, peeled and cubed
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garam masala
- 1/2 teaspoon curry powder
- 3 cloves garlic, minced
- 1 can (14 oz/400ml) coconut milk
- Salt and freshly ground black pepper, to taste
- Optional toppings: fresh chopped cilantro, naan, toasted sesame seeds, and/or jalapenos

Steps

- 1** In a large pot, add the rinsed lentils and 3 cups of cold water. Bring to a boil, reduce heat to low-medium, and cover the pot with a lid. Cook for about 15–20 minutes, or until the lentils are tender.
- 2** Once the lentils are almost done, add the sweet potatoes, cumin, garam masala, curry powder, garlic, coconut milk, salt, and pepper to the pot.
- 3** Stir to combine, increase heat to medium-high, and bring to a boil. Reduce heat to low, cover the pot with a lid, and simmer for 12–15 minutes, stirring occasionally, or until the sweet potatoes are tender.
- 4** Garnish with optional toppings and serve warm.