

Carrot & Sweet Potato Dhal

Serves 6-8 (Freezer friendly)

Ingredients

1kg Diced carrot
1kg Diced sweet potato
2 large brown onions diced
4 cloves minced garlic
½ inch grated ginger
2 tablespoons mild curry powder
2 1/2 – 3 litres of good vegetable stock
4 tablespoons olive oil
Salt and pepper to taste

Directions

- Sauté the onions and garlic in a deep pot til golden, add the ginger and curry powder stir well to avoid sticking. (this releases the full flavour of the curry powder).
- Next add all the remaining ingredients (except the extra ½ litre of stock) bring to the boil, reduce heat and simmer for 40 mins stirring occasionally to avoid sticking. Should the dhal thicken too much before its cooked add a little extra stock and season to taste.
- To serve top with a tablespoon of natural yoghurt and some chopped mint.

All pulses and lentils are natures defence against the harsh Australian sun, bolstering our melanin helping to reduce the chance of melanoma. Not to mention the nutritional benefits including proteins and carbohydrates.

