Oven baked sweet potato dhal with garam masala carrots

DIFFICULTY: EASY

PREPARATION TIME: 10 MINS

COOKING TIME: 50 MINS

SERVES: 4

Ingredients

1 tbsp ghee

1 brown onion, chopped

2 cloves garlic, chopped

3 tsp Gewurshaus Garam Masala

1 tsp Gewurshaus Turmeric

1 tsp Gewurshaus Ground Cumin

125g red split lentils

1 small sweet potato, peeled and grated

150g cherry tomatoes, halved

400g can coconut milk

200ml water

1 tsp salt

Garam masala carrots:

1 tbsp ghee

1 tbsp honey

4 carrots, peeled and cut into quarters, lengthways

1 tsp Gewurshaus Garam Masala

Method

Preheat oven on CircoTherm to 180°C with low VarioSteam.

In a cooktop and oven suitable baking dish, melt the ghee over moderate heat, Induction level 7. Add the onion and garlic and cook for 2 minutes until soft. Add the garam masala, turmeric and cumin, cook until fragrant.

Add the lentils, sweet potato, tomatoes, coconut milk, water and salt. Stir well to combine and cook until the dhal comes to the boil. Place in the oven, uncovered on shelf level 2 and cook for 25 minutes.

While dhal is cooking, place the ghee, honey, carrots, garam masala and salt into a second small baking dish. After the dhal cooking time has ended, stir the dhal, return dhal to the oven with the carrots and continue cooking for a further 20 minutes. Turn the carrots a few times while cooking.

Heat naan bread following packet instructions.

Stir half of the coriander into the dhal. Serve dhal topped with garam masala carrots and remaining coriander. Serve with naan bread

Salt

½ cup roughly chopped fresh coriander

4 naan bread

Notes

If VarioSteam is not available, cover the dahl with a lid or foil while cooking.