



# SWEET POTATO MASSAMAN CURRY

with Spinach and Cilantro-Yogurt

SPICY

VEGGIE



## HELLO

### MASSAMAN

Referred to as the 'King of Curries,' this rich Thai curry paste is sweet, savoury and spicy

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 467



Lentils, canned



Cilantro



Shallot



Baby Spinach



Massaman Curry Paste



Sweet Potato



Greek Yogurt



Garlic



Ginger



Vegetable Broth Concentrate



## BUST OUT

- Garlic Press
- Measuring Spoons
- Strainer
- Potato Masher
- Large Pot
- Small Bowl
- Measuring Cups
- Salt and Pepper
- Peeler
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Lentils, canned 1 can | 2 can
- Cilantro 7 g | 14 g
- Shallot 50 g | 100 g
- Baby Spinach 113 g | 227 g
- **Massaman Curry Paste** 9 🌶️ 2 tbsp | 4 tbsp
- Sweet Potato 340 g | 680 g
- Greek Yogurt 2 100 g | 200 g
- Garlic 6 g | 12 g
- Ginger 30 g | 60 g
- Vegetable Broth Concentrate 2 | 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG



Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



**1 PREP** Wash and dry all produce.\* Peel, then cut the **sweet potato(es)** into ½-inch pieces. Peel, then mince or grate the **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Drain, then rinse the **lentils**. Peel, then finely chop the **shallots** into ¼-inch pieces.



**4 MAKE YOGURT** Meanwhile, roughly chop the **cilantro**. In a small bowl, stir together the **cilantro** and **yogurt**. Season with **salt** and **pepper**.



**2 COOK SHALLOT** Heat a large pot over medium heat. When the pot is hot, add **1 tbsp oil**, then the **shallots**. Cook, stirring occasionally, until softened, 1-2 min. Add the **garlic, ginger** and **curry paste**. Cook until fragrant, 1-2 min.



**5 FINISH CURRY** When the **sweet potato mixture** is tender and the **liquid** is absorbed, remove the pot from the heat. Using a fork or potato masher, coarsely mash the **sweet potato mixture**. Add the **spinach** and stir until wilted, 1-2 min. Season with **salt** and **pepper**.



**3 START CURRY** Add **lentils, sweet potatoes, broth concentrates** and **2 ½ cups water** (3 cups for 4 ppl) to the pot. Cover and bring to a boil over medium-high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, stirring occasionally, until the **sweet potatoes** are tender, 15-18 min.



**6 FINISH AND SERVE** Divide the **curry** between bowls and dollop over the **cilantro-yogurt**.

## COOL!

A dollop of cilantro-yogurt on this dish helps cool the spiciness of the curry.