

VEGAN SWEET POTATO & KALE LENTIL CURRY

Prep Time: 20 mins. • Cook Time: 20 - 25 mins. • Total Time: 40 - 45 mins.

Want to see this recipe in action? Watch it on my YouTube channel, Samantha Sambile!

INGREDIENTS

- 1 cup brown rice + 2 1/8 cups water
- 1 cup dried red lentils + 2 cups water
- 2 big or 3 small shallots minced (substitute: red onions)
- 3 garlic cloves minced
- 2 medium tomatoes diced
- 2 cups cubed sweet potatoes
- 2 cups kale
- 1 cup cilantro (plus extra for garnish)
- spices (substitute: curry powder)
 - 1 tsp. fennel seeds, 1 tsp. garam masala, 1 tsp. cumin,
 - 1/2 tsp. turmeric, 1/2 tsp. ground ginger, 1/2 tsp. ground coriander,
 - 1/4 tsp. cinnamon, 1/4 tsp. cloves, 1/4 tsp. cayenne pepper (optional)
- 1 tbsp. oil (coconut, avocado, grapeseed, or extra-virgin olive oil)
- 1/4 cup diced canned or frozen green chiles (optional)
- salt & pepper to taste
- 1 cup vegetable stock
- 12 - 13.5 oz can light or full-fat coconut milk
- 3/4 cup peas



Recipe by: Samantha Sambile
Serves: 4 to 6 people

DIRECTIONS

1. Rinse then cook rice+water in a pot for 30 to 45 mins. Bring water to a boil then cover with a lid and reduce to medium-low heat to simmer (or use a rice cooker like I did!)
2. While rice is cooking, rinse and cook lentils+water in another pot for 20 mins. Bring water to a boil then reduce to medium-low heat to simmer uncovered. Keep an eye out for the lentils and stir occasionally to keep from burning. You may need to add more water as necessary.
3. While the rice and lentils are cooking mince the shallots and garlic, dice the tomatoes, cube the sweet potatoes, and roughly chop the kale and cilantro.
4. Preheat a pan at medium heat for about 2 mins. then add the shallots, garlic, and spices. Sauté for 2 to 3 minutes before adding the veggie stock, tomatoes, green chiles, and coconut milk.
5. Add in the sweet potatoes, cover with a lid, and let simmer for 10 minutes.
6. Check on lentils and rice while waiting.
7. If/when the lentils are cooked, mix it in then add the kale and peas and let cook for another 5 mins.
8. After 5 minutes, turn off the burner and add in the cilantro.
9. The curry is now done! All you have to do is pour it over the cooked brown rice and enjoy!

NOTES: Lasts up to 4 to 5 days in the refrigerator or 1 month in the freezer.

MAKE THIS RECIPE?

Snap a photo and tag me on Instagram [@samanthasambile](https://www.instagram.com/samanthasambile) and hashtag [#eatwithsamsam](https://www.instagram.com/hashtag/eatwithsamsam). I'd love to see your creations!