Red Lentils & Sweet Potato Curry

Ingredients:

3 kgs red lentils

2 kgs sweet potatoes, peeled and chopped in fairly large chunks

1 kg red peppers

3 tablespoons garlic and ginger paste

4 tablespoons coconut oil

1 tablespoon thyme

1 tablespoon ground turmeric

2 tablespoons paprika

2 teaspoons curry powder

2 teaspoons garam masala

3 cans coconut milk

3 tablespoons tomato paste

1. Heat the coconut oil in a large pan and fry onions until soft and translucent. In the same pan, melt butter and sauté onion and garlic until softened.
2. Add the spices and fry for 30 seconds. Add the garlic and ginger paste and fry a further 30 seconds.
3. Add tomato paste and stir. Then add the sweet potatoes and stir until they are nicely coated with the herbs and spices.
4. Add the red lentils and stir. Add water and coconut milk. Cover and leave to simmer until both the lentils and sweet potatoes are cooked through.
5. Add the chopped red peppers and leave to cook for 1 minute. Remove from fire and let it cool down before serving into freezer safe containers.
6. Serve with naan or rice.