




### Product Spotlight: Sweet Potato


Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can protect against colon and prostate cancer.



## 12 Sweet Potato and Lentil Mole with Coriander Yoghurt

Sweet potato, lentils and tomatoes cooked in a Mexican-inspired mole sauce. The cocoa adds depth and interest to the sauce. Served with coriander yoghurt and tortilla chips.

 30 minutes

 2 servings

 Plant-Based

9 December 2022

### Spice it up!

*Add your favourite chilli into the mole at step 2 for some heat. You could use chipotle in adobe sauce, jalapeños or dried chilli flakes. A squeeze of lime would also be a lovely addition when serving.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	34g	106g

## FROM YOUR BOX

BROWN ONION	1
SWEET POTATO	300g
MOLE SPICE MIX	1 packet
TOMATOES	2
GREEN CAPSICUM	1
TINNED LENTILS	400g
TOMATO PASTE	1 sachet
CORIANDER	1 packet
COCONUT YOGHURT	1 tub (125ml)
TORTILLA STRIPS	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (white wine or other)

## KEY UTENSILS

frypan

## NOTES

If the pan is looking a little dry add some more oil so you don't burn the spice mix.



### 1. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Slice onion and dice sweet potato. Add to the pan as you go, cook for 5 minutes. Stir in mole spice mix (see notes) and cook for a further minute.



### 2. SIMMER THE MOLE

Dice tomatoes and capsicum. Add to pan with lentils (including liquid) and tomato paste. Combine well and add **1/2 cup water**. Simmer, semi-covered, for 10-15 minutes or until sweet potato is tender. Season to taste with **salt and pepper**.



### 3. PREPARE THE TOPPINGS

In the meantime, finely chop coriander stems (reserve leaves). Combine with yoghurt, **1 tsp vinegar, salt and pepper**.



### 4. FINISH AND SERVE

Serve mole into bowls topped with coriander yoghurt and reserved coriander leaves. Add tortilla strips on the side.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

