

# sweet potato lentil curry with crispy sesame chickpeas.



## Produce

- 2 cups Baby spinach
- 1 can Chickpeas

- 1/3 cup Cilantro, fresh
- 1 inch Ginger, fresh
- 1 Lime, juice from
- 1 Pomegranate arils
- 3/4 cup Red lentils, dried
- 2 Shallots
- 2 Sweet potatoes

#### **Canned Goods**

- 1 (14 ounce) can Coconut milk, full fat
- 3 tbsp Thai red curry paste
- 3 cups Vegetable broth, low-sodium

#### **Condiments**

- 2 tbsp Fish sauce
- 3 tbsp Soy sauce, low sodium

#### **Pasta & Grains**

- 1 Basmati rice, cooked

#### **Baking & Spices**

- 1 tbsp Sesame seeds, raw

#### **Oils & Vinegars**

- 2 tbsp Olive oil, extra virgin
- 2 tbsp Sesame or extra virgin olive oil

#### **Other**

- 1 Rounded tablespoon creamy peanut butter ((or other nut butter))

## **INSTRUCTIONS**

### **STOVE-TOP**

1. 1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the shallots and cook 3 minutes until soft. Add the ginger and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry paste and cook another minute.
2. Add the 3 cups broth, lentils, fish sauce, soy sauce, and peanut butter. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Meanwhile, make the chickpeas. Heat a large, high sided skillet over medium heat. Add the 2 tablespoons oil and the chickpeas. Cook, stirring occasionally until the chickpeas are crisped all over, about 5 minutes. Add the soy sauce and sesame seeds, tossing to combine. Cook 1 minute, remove from the heat.
4. When the lentils are cooked, stir in the coconut milk, spinach, and lime juice, cook 5 minutes. If your curry feels thick, add additional broth to thin. Remove from the heat and add the cilantro.
5. To serve, divide the rice among bowls and ladle the curry overtop. Top with chickpeas, cilantro, and pomegranates. Enjoy!

#### **INSTANT POT**

1. 1. Set Instant pot to sauté. Add the olive oil and shallots and cook 3 minutes until soft. Add the ginger and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry paste and cook another minute.
2. Add 3 cups broth, lentils, fish sauce, soy sauce, and peanut butter. Cover, select the manual setting and cook on high pressure for 10 minutes.
3. Meanwhile, make the chickpeas. Heat a large, high sided skillet over medium heat. Add the 2 tablespoons oil and the chickpeas and cook, stirring occasionally until the chickpeas are crisped all over, about 5 minutes. Add the soy sauce and sesame seeds, tossing to combine. Cook 1 minute, remove from the heat.
4. Once done cooking, use the quick release function and release the steam. Set the Instant pot to sauté. Stir in the coconut milk, spinach, and lime juice, cook 5 minutes. Remove from the heat and add the cilantro.
5. To serve, divide the rice among bowls and ladle the curry overtop. Top with chickpeas, cilantro, and pomegranates. Enjoy!