

Recipe

MIDDLECUT WITH CURRIED LENTILS & SWEET POTATO



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Recipe

- 1 x 400g can Saldanha Middlecut
- 1 onion, chopped
- 1 tomato, chopped
- 2 medium carrots, chopped
- 1 tsp garlic, crushed
- 1 tsp ginger paste
- 2 medium sweet potatoes, peeled and cut into small chunks
- 2 cups of lentils, cooked
- 1 cube chicken stock, crumbled
- 2 tsp Rajah curry powder, heaped
- 2 tbsp mayonnaise
- 4 rotis
- 2 tbsp oil for frying
- 2 tbsp parsley, freshly chopped

Method

- Fry onion, garlic, ginger, curry powder and tomato in oil until soft.
- Add the crumbled chicken stock cube, sweet potato and carrots and cook for 15 minutes.
- Stir occasionally, adding a little water when needed until sweet potato and carrots are soft.
- Add 2 tbsp mayonnaise and mix through.
- Add the cooked lentils and the can of middlecut.
- Mix gently for flavours to blend.
- Sprinkle with chopped parsley.
- Serve in a roti with sambals.



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