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## Indian Sweet Potato Bake

with Kale, Lentils and Egg



30-40min



2 Portions

It may not be authentic, but this eclectic mix of ingredients and styles really delivers in flavour. Begin by roasting sweet potato and onion with turmeric, cumin and garam masala for Indian aroma, then add lentils, kale leaves and cheese. Just before serving, crack in a few eggs and bake until just set for shakshuka-like effect.

## What we send

- garlic, kale
- plain naan <sup>1,3,6,7</sup>
- cumin seeds
- vegetable stock cubes
- sweet potato
- onion
- lentils
- turmeric
- garam masala <sup>17</sup>
- English smoked cheese <sup>7</sup>

## What you'll require

- boiling water
- eggs <sup>3</sup>
- sea salt and pepper
- vegetable oil

## Utensils

- medium frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 1190kcal, Fat 49.5g, Carbs 122.8g, Proteins 50.4g



### 1. Prepare ingredients

Preheat the oven to 200C. Peel the **sweet potato** and cut into 1-2cm chunks. Cut the **onion** into thin wedges. Crush or finely chop the **garlic**. Crumble **1 stock cube** (reserve remainder for another use) into a heatproof jug, add **125ml (½ cup) boiling water** and stir to combine.



### 2. Start bake

Put the **sweet potato** and **onion** in a 1L (4 cup) baking dish. Add the **garlic**, **1 tbs olive oil**, **1 tsp cumin seeds**, **½ tsp turmeric** and **1 tsp garam masala** (reserve remaining spices for another use). Season with **salt and pepper** and toss well to combine. Roast for 15-20 mins until the sweet potato is almost tender.



### 3. Rinse lentils and kale

Meanwhile, drain and rinse the **lentils**. Rinse the **kale** and shake dry. Tear the leaves from the stems, put in a bowl and toss with **1 tbs olive oil**. Coarsely grate the **cheese**.



### 4. Add lentils and kale

Remove the dish from the oven and carefully stir in the **lentils**, **stock** and **kale** until evenly combined. Bake for a further 10 mins or until the vegetables are tender. Remove from the oven.



### 5. Add eggs and cheese


Reduce the heat to 180C. Make 2 indents in the top of the potato and kale mixture, then carefully crack in **2 eggs**. Scatter the **cheese** around the eggs and bake for 5-8 mins until the eggs are just cooked and the cheese has melted.



### 6. Warm naan bread

Meanwhile, heat a medium frypan over medium heat. Toast the **naan**, one at a time, for 1 min each side or until lightly golden. Divide the **sweet potato bake** among plates and serve with the warm naan.

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