

"I often cook 'freezable' where I just keep [frying available ingredients into a pot. Often it works and I create something delicious, sometimes not. I made this dahl just before the completion of this book and it was delicious, so I knew I had to include it."

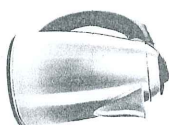
## Curried Poppy Seed Dahl

MAKES 8 X 1 CUP SERVES

- 2 orange kumara (sweet potato) unpeeled
- 1 tablespoon oil
- 1 onion diced
- 2 tablespoons finely chopped ginger or ginger puree
- 1 tablespoon oil
- 4 teaspoons mild curry powder
- 1 teaspoon ground turmeric
- 1½ cups red lentils
- 4 cups boiling water
- 2 X 400g (14oz) cans chopped tomatoes
- 1 teaspoon salt
- 3 tablespoons honey or date puree
- ¼ cup poppy seeds
- 2 cups frozen peas
- 200ml (7oz) coconut cream

1. Chop kumara into 2cm (1in) cubes, mix with oil and bake in the oven at 180°C (350°F) for 15 minutes or until soft.
2. Sauté onion, ginger and oil for 5 minutes or until soft.
3. Add curry powder and turmeric and mix well.
4. Add lentils and water and simmer for 15 minutes or until lentils are soft. Make sure they do not run out of water and burn.
5. Add the remaining ingredients and the roasted kumara (except coconut cream) and bring up to heat so it is just bubbling.
6. Stir through the coconut cream and serve immediately.

100mls  
Fuse light coco milk



### Boiling Water

When preparing a meal the first thing you can do is put the jug on to boil. That way when you come to the point that requires water you have the dish up to a high temperature to start with. You can save at least 5 minutes (sometimes more) by having boiling water on hand.

