



Dhal Tatws Melys a Sbigoglys

Gweini 2

Cynhwysion

½ llwy fwrdd o olew
½ nionyn coch wedi'i dorri'n ddarnau mân
½ ewin garlleg wedi'i dorri'n fân
Darn o sinsir, maint bawd wedi tynnu'r croen ac wedi'i dorri'n fân
½ chilli coch, wedi'i dorri'n fân
¾ llwy dê o dyrmerig (tumeric)
¾ llwy dê o bowdr cwmin
2 taten felys wedi'i thorri'n dalpiau (400g)
125g ffacbys (lentils) coch wedi sychu
400ml stoc llysiau
40g o sbigoglys (spinach) ffresh
2 shibwns, i weini
Llund llaw o ddail basil wedi'i torri fyny (i weini)
Ar gyfer cynllun 1400 - Ychwanegwch 75g o lysiau

Dull

1. Cynheswch 1 llwy fwrdd o olew mewn padell gwaelod llydan gyda chaead tynn arni.
2. Ychwanegwch 1 nionyn coch wedi'i dorri'n fân a'i goginio ar wres isel am 10 munud gan ei droi'n achlysurol tan mae'r nionod yn meddal.
3. Ychwanegwch y garlleg, y sinsir a'r chili coch, coginiwch am funud cyn ychwanegu'r tyrmerig a'r cwmin a choginio'r cyfan am funud arall.
4. Trowch y gwres i canolig, ychwanegwch y tatws melys a chymysgu'r cyfan fel bod y tatws melys wedi eu gorchuddio yn y gymysgedd sbeislyd.
5. Ychwanegwch y lentils coch, 400 ml o stoc llysiau ac ychydig o halen.
6. Dowch â'r hylif i'r berw, yna gostwng y gwres a rhoi caead ar y cyfan cyn ei goginio am 20 munud tan mae'r ffacbys a'r tatws melys yn feddal.
7. Blaswch er mwyn gweld os oes angen mwy o halen, yna ychwanegu'r sbigoglys.
8. Unwaith mae'r sbigoglys wedi'i goginio cewch weini'r dahl gyda'r shibwns a'r dail basil.

Spinach, Sweet Potato and Lentil Dhal

Serves 2

Ingredients;

½ tbsp oil
½ red onion, finely chopped
½ garlic clove, crushed
thumb-sized piece ginger, peeled and finely chopped
½ red chilli, finely chopped
¾ tsp ground turmeric
¾ tsp ground cumin
2 sweet potato (about 400g), cut into even chunks
125g red split lentils (dry)
400ml vegetable stock
40g of spinach fresh
2 spring onions, sliced, to serve
Handful of basil leaves torn, to serve

For 1400 meal plan - Add 1 portion of veg (75g)

Method

1. Heat 1 tbsp oil in a wide-based pan with a tight-fitting lid.
2. Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.
3. Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add ground turmeric and ground cumin and cook for 1 min more.
4. Turn up the heat to medium, add the sweet potato, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.
5. Tip in 125g red split lentils, 400ml vegetable stock and some seasoning.
6. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
7. Taste and adjust the seasoning, then gently stir in the 40g spinach. Once wilted, top with the sliced spring onions and some torn basil leaves to serve.