

Lentil & Sweet Potato Purée (with sausages)



Serves 2

Prep 5 mins

Cooking 20 mins

Easy

Ingredients

knob of butter

pinch ground coriander (optional)

50g red split lentils, thoroughly rinsed

375g sweet potatoes, peeled and cut into chunks

1-2 tbsp yogurt

1. Heat the butter in a saucepan, add the coriander, if using and cook for 1 min. Stir in the lentils and sweet potatoes, then pour in enough water to just cover
2. Bring to the boil, then cover and simmer for 15 mins or until the lentils and sweet potatoes are tender
3. Drain, then mash together. Stir through the yogurt.