



KUMARA AND LENTIL DIP

Makes 2 1/2 cups

INGREDIENTS

- 250g kumara, peeled, roughly chopped
- 1 tablespoon olive oil
- 1 small red onion, finely chopped
- 1/2 cup AYAM Hot Satay Sauce
- 1/2 x 400g can diced tomatoes
- 1/2 cup red lentils, rinsed
- 1 1/2 cups chicken stock



BOILING

Cook the kumara in boiling water for 3 minutes, until it becomes tender. Drain it on absorbent paper.

Then, combine the oil and onion in a saucepan over medium heat and stir for 2 minutes, until it has softened. Add the satay sauce and stir for another 30 seconds.

Add the tomatoes, the lentils and the stock and bring to the boil.

Once boiling, reduce the heat to low and let it cook for 10 minutes, until the lentils have softened but are still intact. Stir often during cooking.

When it's done, set aside to let it cool down

Finally, carefully mash and stir into the kumara with a fork.

PRESENTATION

This dip is so versatile! It can be served with pita bread wedges, savoury crackers, crusty bread or even vegetable pieces for dipping!