

SWEET POTATO, CAULIFLOWER AND LENTIL GOULASH



Prep: 10 mins



Cooking: 65 mins



Serves: 4

IDDSI LEVEL 6 – SOFT AND BITE SIZED



 Vegetarian

 Halal



Small saucepan

INGREDIENTS



2 tablespoons **olive/veg oil**



2 teaspoons **plain flour**



1 small **onion**, finely diced



2 teaspoons **tomato puree**



2 **cloves garlic**, crushed or finely chopped



200g **chopped tomatoes**



2 tablespoons **smoked paprika**



75ml **vegetable stock**



1 **sweet potato**, peeled



¼ **cauliflower**



1 **red chilli**, finely diced (optional)



150g **tinned lentils**, drained



2 tablespoons **double cream**

Allergens: wheat (gluten) and milk. Vegetable stock cube may contain celery.



Use plant-based cream alternative



Use gluten-free flour



Dairy recipe - do not add optional bacon



If using optional bacon, ensure it's vegetarian or Halal beef bacon

Ingredients shown in image are for decorative purposes only. All food must be modified for the correct IDDSI Level.

METHOD



Chop your sweet potato and cauliflower to 15mm pieces.



Cook the olive oil, onions, garlic, paprika, sweet potato and optional chilli for 10 minutes until the onions are soft.



Add the flour and stir well to ensure no lumps. Add the tomato puree, chopped tomatoes and vegetable stock.



Cook on a low-medium heat for 30 minutes, then add the cauliflower florets and lentils, cooking for a further 10 minutes.



Mix in the double cream then season to taste with salt and black pepper.

TOP TIPS:



The lentils in this dish are rich in protein, making this a hearty, filling and flavourful dish.



Ramp up the smokiness and protein by adding cooked bacon pieces – vegetarian/vegan ones work just as well.