



INDIAN SWEET POTATO LENTIL SOUP WITH KANGAROO

INGREDIENTS:

- 454g ground Kangaroo meat
- 2 tbsp. vegetable or olive oil
- 1 red onion, chopped
- 1 tsp. cumin seed
- 1 tsp. brown mustard seeds
- 1 tbsp. medium curry powder
- 100g red or green Lentil, or a mixture
- 2 medium sweet potatoes, peeled and cut into chunks
- 500ml vegetable stock
- 400g can chopped tomato
- 400g can chickpea, drained
- ¼ small bunch cilantro
- Natural yogurt and naan bread, to serve



METHOD:

1. Heat the oil in a large pan, add the ground kangaroo to brown. Once sufficiently browned, add onion and cook for a few minutes until softened. Add the spices and cook for 1 minute more, then stir in the lentils, sweet potatoes, stock and chopped tomatoes.
 2. Bring to a boil, then cover and simmer for 20 mins, until the lentils and sweet potatoes are tender. Add the chickpeas, then heat through.
 3. Season with salt, sprinkle with cilantro, and serve with seasoned yogurt and naan bread.
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