

More than 1 hour

Serves 4

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Ingredients:

- 2 large (about 1kg) sweet potatoes, cubed
- 3 Tbsp (45ml) canola oil
- 2 tsp (10ml) smoked or regular paprika (optional)
- Salt and milled pepper
- 1 packet (400g) puff pastry, defrosted
- Flour, for dusting
- 3 Tbsp (45ml) tomato sauce
- ½ packet (250g) brown lentils, cooked
- ½ Tbsp (7ml) each, ground cumin and coriander
- Milk, for brushing
- 1 bunch spinach, stems removed and shredded
- 3 onions, sliced
- Plain yoghurt, for serving
- Handful fresh coriander, for serving (optional)

Method:

1. Preheat oven to 200°C.
2. Place sweet potatoes on a baking tray and drizzle with 2 Tbsp (30ml) oil.
3. Sprinkle with paprika, if using, and season.
4. Roast for 20 minutes and set aside.
5. Roll pastry out on a floured surface to a 4mm thickness and place on a clean baking tray.
6. Score a 1.5cm border on pastry (take care not to cut all the way through) and prick base with a fork.
7. Bake for 8-10 minutes.
8. Remove and spread with tomato sauce.

9. Top with sweet potatoes and lentils, then sprinkle with spices.
10. Brush border with milk.
11. Bake for 18-20 minutes, or until pastry is golden.
12. Steam spinach and squeeze out excess moisture. Set aside.
13. Fry onions in remaining oil until golden and crispy.
14. Top tart with spinach and crispy onions.
15. Serve with dollops of yoghurt and garnish with fresh coriander, if using.