More than 1 hour Serves 4 Share with friends Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email 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
- 1/2 packet (250g) brown lentils, cooked
- 1/2 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.