



Sweet Potato Rounds with Moroccan Lentils

By Chef Veera Gaul, Ph.D.



Ingredients

4 medium sweet potatoes, scrubbed
4 tablespoons [Moroccan Spice](#) oil (divided) *
Salt to taste
1 cup dried brown lentils or pardina lentils, rinsed
4 cups water
2-3 bay leaves
1 teaspoon cumin seeds
1 small yellow onion, diced
4-6 cloves garlic, minced
1 can (15 oz) diced tomatoes, drained
1 teaspoon ground ginger
½ teaspoon [Smoked Paprika](#) *
1 teaspoon Harissa paste (or more to taste)
½ teaspoon kosher salt
4 cups firmly packed spinach leaves
6 tablespoons [Pomegranate vinegar](#) *
2 tablespoons [Runamok Maple syrup](#) *
Fresh cilantro for garnish
Lemon Tahini Sauce for drizzling.

Lemon Tahini Sauce

1/3 cup tahini
1/3 cup fresh lemon juice (approximately 2 lemons)
1 tablespoon [Lemon EVOO](#) *
1 teaspoon [Runamok Maple Syrup](#) *
2 tablespoons water
Salt to taste

Preparation

Heat oven to 425 degrees

Cut potatoes into 1/3 inch round slices. Toss in a bowl with 2 tablespoons of Moroccan Spice oil, and salt to taste. Lay the rounds in a single layer on a parchment lined baking sheet. Bake for 40-45 minutes, turning each piece over halfway through until both sides are lightly browned and crisp on the edges.

Meanwhile, rinse the lentils in cool water 2-3 times. Then place in a pan and add 4 cups of water and 2-3 bay leaves. Bring to a boil, and then simmer approximately 20 minutes. Drain well and remove bay leaves. (Alternatively, use 2 ½ cups pre-cooked store-bought lentils)

In a small pan, heat the pomegranate vinegar with the maple syrup on medium heat until reduced by half. Put aside for later.

Heat 2 tablespoons of Moroccan Spice oil in a large skillet over medium heat, and add the cumin seeds cooking until they sputter (about 1-2 minutes). Add the onion and garlic and cook stirring occasionally for 5-8 minutes till tender and translucent. Add the tomatoes and cook another 3-4 minutes.

Decrease the heat to low and add the lentils, ginger, paprika, harissa, and kosher salt. Then stir in the spinach and stir occasionally until spinach has wilted (add ¼ cup of water little at a time to prevent sticking if needed).

Add 2 tablespoons of pomegranate mixture, taste and adjust salt and pepper as needed.

Make the Lemon Tahini Sauce by whisking the tahini, lemon juice, EVOO and maple syrup together in a bowl. Add salt to taste. Drizzle water to create a creamy dressing. Keep at room temperature.

Serve the lentil mixture piled over the potato rounds. Drizzle with Lemon Tahini sauce, a little more Pomegranate reduction, and garnish with cilantro

Serves 4

Total Time: 50-80 minutes (depending on whether you cook lentils from scratch or use pre-cooked lentils)

Notes

* The [Moroccan Spice oil](#) with its flavors of cumin, cinnamon, cardamom and more adds tremendous flavor to both the potatoes and the lentils mixture. You can substitute with a plain high temperature cooking oil and flavor it with the same spices. Just

remember to remove the whole spices from the oil before proceeding with the recipe. The [Smoked Paprika](#) adds depth and smokiness to the dish.

The [Pomegranate vinegar](#) and **Runamok Maple Syrup** create a sweet and tangy reduction that adds remarkable contrast to the earthiness of the lentils. Use a good quality pomegranate molasses instead.

The [Lemon EVOO](#) adds a nice smooth citrus flavor that balances the sourness of the lemon juice well.

In all cases, feel free to substitute with other high-quality ingredients – their quality will certainly impact the ultimate flavor of the dish. Most Oil & Vinegar stores carry the Runamok Maple syrups.

Categories: Entrée, Appetizer, Snacks & Sides, Vegetarian, Vegan, Gluten Free, Dairy Free, Lemon EVOO, Smoked Paprika, Pomegranate Vinegar, Runamok Maple Syrup, Moroccan Spice Oil, Grapeseed Oil, Lentils, Sweet Potato, Lemon Tahini Sauce, Pomegranate Reduction, Harissa, Middle Eastern Flavors, Hearty Appetizer, Vegan Main Dish, Pre Cooked Lentils