

Sweet potato and chickpea curry

INGREDIENTS

- 1 sweet potato
- Olive oil
- 1 pepper
- 1 red onion
- 5 mushrooms
- 1 courgette
- 3 garlic cloves
- 2 tbsp tomato puree
- 1 tbsp curry powder
- 2 tsp ground coriander
- 1.5 tsp cumin
- 2 tsp garam masala
- 400g reduced fat coconut milk
- 400g chopped tomatoes
- 2 tbsp fenugreek leaves (optional)
- Can of chickpeas

For the rice

- 75g basmati rice per person
- 1 bay leaf
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ tsp curry powder



METHOD

This recipe serves 4

1. Peel and chop the sweet potato into cubes, drizzle in olive oil and roast for 35 minutes at 190°C
2. Whilst the sweet potato is roasting, chop your mushrooms, pepper, courgette, and red onion into small chunks (you can buy pre-chopped frozen vegetables to make this step easier)
3. Heat up a large pan and add a splash of oil, lightly fry the vegetables for around 5 minutes until softened. Peel and press the garlic then add this to the pan
4. Lower the heat and add the tomato puree then all your spices (curry powder, cumin, garam masala, ground coriander). If the mixture starts to stick to the bottom of the pan, add a splash of water.
5. Next, add the coconut milk to the pan, give it a little stir, and then add the chopped tomatoes
6. Add the fenugreek leaves and a can of chickpeas
7. Turn down the heat then cover and simmer for 20 minutes
8. Meanwhile boil a pan of water, add a bay leaf then and add your rice to the pan (you can use microwave rice if it is more convenient). To make the rice yellow, add $\frac{1}{2}$ a tsp of turmeric to the pan and $\frac{1}{2}$ a tsp of curry powder for extra flavour. Turn down to a medium heat and leave for 15 minutes or until the rice is cooked
9. Once your sweet potato is cooked, remove from the oven, and add this to the curry pot and stir well.
10. Once the rice is cooked, drain and portion out. Serve your curry on top!

Top Tip: If you wanted to turn this into a non-vegan dish, you can swap the chickpeas for meat, making sure the meat is thoroughly cooked. This is one of our harder recipes but great for those with more time on their hands and wanting to re-create a home-made curry completely from scratch. Give it a go and see what you think!