

Chickpea, sweet potato and spinach coconut curry (4 portions)

Ingredients

30g of oil
5g of coriander leaves, fresh
3g of cumin seeds
8g of turmeric, ground
400g of coconut milk
10g of ginger
4g of garlic
60g of onion
200g of spinach, raw
130g of sweet potato, raw
430g of chick peas, canned, drained

Preparation

Peel the sweet potato, dice into 1cm squares and boil for 5 mins.

Heat the 1 tbs oil and cook the onion, garlic and ginger until soft.

Add another tbs oil and add the spices and cook 2-3 mins, stirring.

Add the coconut milk and bring to the boil. Add spinach, sweet potatoes, chick peas and simmer for 10 mins until sauce thickens.

Season with salt and pepper, taste and serve topped with chopped coriander.

Serve with rice.



Nutrition

	Per 100g	Per portion (320g)	RI	
Energy kJ	563 kJ	1800 kJ	21%	
Energy kcal	134 kcal	430 kcal	21%	
Protein**	3.2 g	10 g	22%	
Carbohydrate	9.9 g	32 g	14%	
of which sugar	1.6 g	5.3 g	6%	●
Total Fat	9.2 g	30 g	42%	●
of which saturates**	5.1 g	16 g	82%	●
Fibre**	2.2 g	7.1 g	29%	
Salt	0.3 g	0.8 g	14%	●