

Sweet Potato & Chickpea Curry



Who says exotic can't be easy? This is a vitamin-rich creamy curry that can be pulled together quickly for a mid-week meal. Refreshed with a kick of lime, and texture is added with a topping of roasted peanuts. Enjoy!

Ingredients

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 2 garlic cloves, grated
- 1 thumb-sized piece ginger, grated
- 3 tbsp Thai red curry paste
- 1 tbsp smooth peanut butter
- 500 g sweet potato, peeled and cut into chunks
- 400 ml can 'lite' coconut milk
- 200 g bag baby spinach
- 200 mL reduced salt vegetable stock

1 lime, juiced

2 handfuls fresh coriander, chopped

Salt and pepper

Cooked Basmati rice (or other low GI rice), to serve

Dry roasted peanuts, to serve

400 g canned chickpeas

Method:

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat. Add the shallots and cook until they begin to soften.
2. Add garlic and ginger. Cook for 1 min until fragrant.
3. Stir in Thai red curry paste, peanut butter and sweet potato and chick peas. Then add coconut milk and vegetable stock.
4. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
5. Turn off the heat and stir through baby spinach and lime juice and season with salt and pepper.
6. Serve over cooked rice, and sprinkle over a few dry roasted peanuts and fresh coriander.