



SWEET POTATO AND CHICKPEA CURRY



Equipment – White chopping board, chef's knife, medium saucepan, measuring spoons, silicone spatula or wooden spoon

Ingredients

1 tbsp. oil
1 tsp garlic paste
¼ Sweet Potato
¼ yellow pepper
¼ tin of chickpeas
1 small onion
2 blocks of spinach
1 tbsp. curry paste
½ tin of tomatoes
120ml water
20g creamed coconut
½ stock cube

Nutrition

Sweet potato- vitamin A and C
Spinach- iron
Pepper- vitamin C

Modifications for a healthier diet

Do not add honey. Add more vegetables. Use low salt soy sauce.

Ingredients

Spices (curry powder)-
flavour
Herbs flavour

Method

- 1 Peel** and dice the onion and sweet potato.
- 2 Chop** the pepper.
- 3 Measure** the oil into the saucepan, put onto a medium heat.
- 4 Add** the onions cook until clear. Add the garlic.
- 5 Stir** in the curry paste, add the sweet potato and pepper.
- 6 Add** the tomatoes, chickpeas, spinach and stock cube.
- 7 Add** the water and cook for about 15 minutes.
- 8 Check** the sweet potato is soft.
- 9 Stir** in the creamed coconut.
- 10 Divide** evenly between the 2 foil containers.
- 11 Serve** with rice or naan bread.