

Sweet Potato and Chickpea Curry Recipe

Ingredients:

600 g sweet potato, peeled and cut into large chunks
2 tablespoons vegetable oil
1 red onion, finely chopped
2 cloves garlic, crushed
1 tablespoon tikka masala paste
1 teaspoon ground turmeric
1 large red chili, deseeded and chopped
400 ml coconut milk
400 g can chickpeas, drained
250 g baby spinach leaves
Salt and freshly ground black pepper, to season

Method:

Preheat oven to 220 degrees Celsius. Toss the sweet potato in 1 tablespoon of the oil and put on a baking tray. Roast for 15-20 minutes, or until golden and cooked. Remove from oven and set aside. Heat the remaining oil in a saucepan over a medium heat, then cook the onion for 3 minutes. Add the garlic, curry paste, turmeric and chili and cook for a further 2 minutes or until aromatic. Stir in the coconut milk and bring to the boil. Simmer for 5 minutes, then add the chickpeas, spinach leaves, sweet potato and salt and pepper, then cook for a further 2 minutes until the spinach has wilted.

Serve with naan bread or steamed rice.

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