



## Sweet Potato/Butternut squash jalfrezi

2 tbs Oil of choice or ghee

1 onion diced

2 cloves garlic finely chopped

2" piece of ginger

1 tbs coriander seeds (powder if more convenient)

1 tbs cumin seeds (powder if more convenient)

1 tbs turmeric

1 cinnamon stick

½ tsp chilli flakes add more to taste or one dried ghost chilli (if you like it hot)

Salt and pepper to taste

300gr sweet potato or butternut squash

200gr baby spinach

1 400gr tin chopped tomato

500ml vegetable stock mad up with stock cubes or stock pots. Follow directions to make up 500ml usually 2 cubes or pots.

### Method

Dry fry the coriander and cumin seed then grind to a powder in a pestle and mortar or spice grinder. Miss this step if you are using coriander and cumin powder.

Heat the oil or ghee in a frying pan add the cinnamon stick and fry for a couple minutes then add the onions and fry for about 10 mins on a moderate heat, until slightly brown and translucent. (don't rush this as it intensifies the flavour).

Add the garlic and ginger cook for another minute.

Add the spices and cook for another minute, then add the sweet potato or butternut squash, tomatoes, and stock. Cook for about 20 minutes until vegetables are soft. Add the spinach and allow to wilt.

Sprinkle some toasted almonds on top, serve with a naan bread or chapati.

Will feed 2 as a main dish or 4 as a side dish.