

SWEET POTATO, PEANUT BUTTER AND CHICKPEA CURRY

INGREDIENTS

1 ONION, DICED
2 GARLIC CLOVES
(CHOPPED OR GRATED)
3CM GINGER(GRATED)
3TBSP RED THAI CURRY PASTE
2 SWEET POTATOES
4TBSP PEANUT BUTTER
400ML COCONUT MILK
400G TINNED CHICKPEAS (DRAINED
AND RINSED)
JUICE OF 1 LIME
2TBSP MAPLE SYRUP
200G SPINACH
FRESH HERBS SUCH AS CORIANDER
OR THAI BASIL
HANDFUL OF CRUSHED PEANUTS
SALT

HOW TO MAKE

HEAT A DRIZZLE OF OIL IN A PAN
ADD ONION AND PINCH OF SALT AND COOK UNTIL SOFTENED AND TRANSLUCENT,
ADD THE GARLIC AND GINGER AND COOK FOR ANOTHER MINUTE OR TWO UNTIL
AROMATIC.
STIR IN THE RED THAI CURRY PASTE, THEN ADD THE SWEET POTATOES, PEANUT
BUTTER AND COCONUT MILK, FILL THE COCONUT MILK TIN WITH WATER, AND ADD
THAT IN TOO. BRING TO THE BOIL AND THEN SIMMER, UNCOVERED FOR 20-25
MINUTES UNTIL THE SWEET POTATO IS SOFTENED AND YOU CAN PIERCE WITH A
FORK.
ADD THE CHICKPEAS AND COOK FOR ANOTHER TOW MINUTES, ADD THE LIME JUICE
AND MAPLE SYRUP. TASTE FOR SEASONING AND ADJUST AS NECESSARY.
REMOVE FROM THE HEAT AND ADD THE SPINACH, STIR THROUGH UNTIL WILTED

SERVE AND GARNISH WITH CRUSHED PEANUTS

SERVINGS 4

NUTRITIONAL INFO

CALORIES 385 KCAL | FAT 16.3G |
CARBS 50.3G | PROTEIN 14.8G