

Chickpea & Sweet Potato Curry

This is a delicately spiced simple dish, but it is important to cook the onions and spices properly to get the most amount of flavour out of the small amount of ingredients. Serve this curry with rice, simply cooked per the instructions on the packet, around 90g uncooked weight per person.

Ingredients:

1 tbsp oil
1 tbsp cumin seeds
1 onion
2 garlic cloves
1 tsp chilli flakes
50g fresh root ginger
2 sweet potatoes
400g tin chickpeas
400g tin chopped tomatoes
200g coconut Milk
Small bunch fresh coriander (optional)

Equipment:

Sharp Knife
Chopping Board
Mixing bowls
Whisk
Grater
Frying Pan or wok with lid
Spatula

ALLERGENS HIGHLIGHTED IN BOLD>

Instructions:

1. Finely slice the onion and garlic
2. Peel the ginger with a teaspoon and grate finely
3. Peel the sweet potatoes and cut into bite sized cubes
4. Separate the coriander stalks from the leaves. Keep the leaves for later and finely chop the stalks
5. Heat the oil, over a medium heat, in a frying pan or wok, add the onions and fry for about 5 minutes or soft and golden.
6. Add the cumin seeds and cook for a further 3 or 4 minutes to release their flavour
7. Add the garlic, ginger, coriander stalks and chilli flakes. Fry gently for another 2 - 3 minutes
8. Add the sweet potato and the chickpeas, stir well to ensure everything is coated in the spices and onions cook until the sweet potato starts to turn golden at the edges
9. Add the tomatoes and coconut milk, stir to combine. Cover the pan and simmer until the sweet potatoes are soft when tested with the point of a knife
10. Chop or tear the coriander leaves and scatter over the curry just before serving

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