



Sweet Potato Curry

A simple comforting curry for a perfect Valentines at home!



40 mins



4 portions



£1.08p per portion

Ingredients

- 1 onion, diced
- 2 cloves of garlic, crushed/ diced
- 5cm ginger - grated or finely chopped
- 2 sweet potatoes, peeled and diced
- 2tbsp tomato puree
- 1 litre of veg or chicken stock
- 3 tbsp curry powder of choice
- 1 can tinned chopped tomatoes
- 1 can chickpeas drained
- 1 can coconut milk
- 200g frozen/ fresh spinach*

*optional

Instructions

- In a large pot, cook onion, ginger and garlic until soft
- Add the curry powder coating the onion mixture
- Add a splash of water if too dry
- Stir in the tomato puree and cook for a couple of minutes
- Add the diced sweet potato, tinned tomatoes and chickpeas and cover with the stock.
- Simmer with lid on until potatoes soft
- Add the coconut milk and spinach and simmer without lid until sauce slightly thickens.



CREATE HEALTH

Health and Nutrition
Coaching

Health Benefits

Jam-packed with nutrients, sweet potatoes are classed as a superfood

- **Nutrient-Rich:** Packed with vitamin A & C, manganese, and antioxidants that support immune function, vision, and overall health.
- **Boosts Immunity & Fights Disease:** Antioxidants, including beta carotene, help our immune system, support gut health, and reduce cancer risk.
- **Supports Eye Health:** High in beta carotene, which is converted into vitamin A, promoting healthy vision.
- **Rich in Fiber:** To aid digestion, support gut health, and stabilise blood sugar levels, making them ideal for those with diabetes/ pre-diabetes.
- **Promotes Heart Health:** Antioxidants and fiber work together to improve heart health by lowering cholesterol and reducing inflammation.

Good to Know

- Homemade curry is easy to make; And it's so much healthier than a take-away, a pre-prepared shop bought version or using a jar of curry sauce. Home-made means you know exactly what has gone into it – no strange ingredients that you can't pronounce.
- Double up the portion and freeze half for a delicious ready-made meal for another night.

Mix and Match

- Serve with basmati/ boiled rice, chapatis or naan bread
- Mix up the spices; try adding garam masala, cumin, coriander, turmeric, cardamon pods or a cinnamon stick.
- Top with fresh coriander to serve.
- Swap can of coconut milk, to healthier block of creamed coconut.