

Sweet Potato & Chickpea Curry

prep time

10 mins

cook time

30 mins

serves

4

ingredients

40g Onion small diced
100g Carrot small diced
225g Potato small diced
100g Sweet potato small diced
100g Spinach (fresh or frozen)
50g Peas
400g Chickpeas (tinned)
400g Chopped tomatoes (tinned)
1 tspn Mild curry powder
1/2 tspn Smokey paprika
1 Vegetable stock cube
Cornflour to thicken



Method

Pour 1/2 litre of water into a large saucepan and add curry powder, paprika, onion, carrots, potatoes and sweet potatoes and cook gently until the vegetables soften, stirring regularly.

Drain the chickpeas and add to the mixture together with the chopped tomatoes and stock cube.

Allow to bubble until the chickpeas are soft; then add spinach and peas. Cook for a further 5-10 minutes stirring regularly to make sure the mixture does not stick to the bottom of the pan.

In a small bowl or jug, mix a small amount of cornflour with cold water to make a thin paste.

Bring the mixture to the boil and add cornflour mixture slowly, stirring all the time until the curry is the required thickness.