Sweet Potato and Chickpea Curry

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 bell pepper, diced
- Handful of spinach
- 1 tablespoon curry powder
- 1 tablespoon ground turmeric
- 1 tablespoon cumin
- Handful of fresh coriander, chopped
- 1 tin chickpeas, drained and rinsed
- 3 sweet potatoes, peeled and cubed
- 400ml light coconut milk

Prep Time : 10 minutes
Cook Time : 25 minutes
Servings : 4

METHOD

1. Heat 1 tablespoon of vegetable oil in a pan over medium heat.
2. Add the diced onion and bell pepper to the pan. Cook for 5 minutes until they start to soften.
3. Stir in the curry powder, ground turmeric, and cumin cook for 1-2 minutes.
4. Add the cubed sweet potatoes to the pan and stir to coat with the spices.
5. Pour in the light coconut milk and bring the mixture to a gentle simmer.
6. Cover the pan with a lid and let the curry simmer for about 15-20 minutes or until sweet potatoes are tender.
7. Once the sweet potatoes are cooked through, add the drained chickpeas to the curry. Stir well to combine.
8. Allow the curry to simmer for an additional 5 minutes.
9. Before serving, stir in spinach until wilted.
10. Sprinkle some chopped fresh coriander on top of the curry. Serve with rice and enjoy.