BBC goodfood

Vegan chickpea curry jacket potatoes
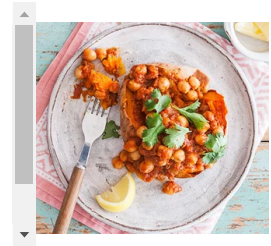
Prep: 15 mins
Cook: 45 mins

Easy

Serves 4

Ingredients

4 sweet potatoes

1 tbsp coconut oil

1 ½ tsp cumin seeds

1 large onion, diced

2 garlic cloves, crushed

thumb-sized piece ginger, finely grated

1 green chilli, finely chopped

1 tsp garam masala

1 tsp ground coriander

½ tsp turmeric

2 tbsp tikka masala paste

2 x 400g can chopped tomatoes

2 x 400g can chickpeas, drained

lemon wedges and coriander leaves, to serve

Method

Step 1   Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.

Step 2   Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.

Step 3   Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

Step 4   Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.