



# SWEET POTATO + CHICKPEA CURRY

*This is an easy, healthy curry that's full of flavour! Optional chilli depending on how much heat you like.*



**SERVES 4**

**PREP TIME 20 MIN**

**COOKING TIME 30 MIN**

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## TOP TIP

Heat leftovers in a saucepan, add some more stock and blitz with a hand blender for a delicious soup!

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## INGREDIENTS

1 onion, chop  
2 garlic cloves, finely chop  
1 chilli, finely slice  
(optional)  
1 thumb-sized piece  
ginger, peel + finely chop  
1 heaped tbsp curry  
powder  
400g chickpeas, drain  
400g tin coconut milk  
400ml vegetable stock  
2 sweet potatoes, peel +  
cut in 1cm cubes  
Juice + zest 1 lime  
300g rice

## METHOD

**1** Heat 1 tbsp oil in a large pan and add the onion, garlic, chilli (if using) and ginger. Cook for 5 minutes or so until softened.

**2** Add the curry powder and cook for 2 mins.

**3** Stir in the coconut milk, sweet potato and stock and simmer for 15 mins. At the 10 minute point, add the chickpeas and simmer for the remaining 5 mins.

**4** Meanwhile, make the rice: In a saucepan, put 900ml of water and the rice. Bring to the boil then simmer for 10-12 minutes. Drain.

**5** Gently stir the curry and check if the sweet potato is cooked; do not mix too much or the sweet potato may turn mushy.

**6** Stir in the lime juice and lime zest and heat through. Enjoy!

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