

# SWEET POTATO, CHICKPEA AND SPINACH COCONUT CURRY (please don't deviate from recipe)

Either Make and FREEZE early, or refrigerate if making a day or so before the 2<sup>nd</sup> Nov.

Drop your Curry off to the Fire Shed on Friday 1<sup>st</sup>, or Saturday 2<sup>nd</sup>, or if you are going to be away, you can contact Amy on 0400 428 038 for her to pick up from your place.



[HTTPS://THEVEGAN8.COM/SWEET-POTATO-CHICKPEA-AND-SPINACH-COCONUT-CURRY/?FBCLID=IWAR308SOQM2V0DXBIRF4ARAIVNURWQLSKS3IMIH7N\\_WWISXGLAU1ZMSIPFQS](https://thevegan8.com/sweet-potato-chickpea-and-spinach-coconut-curry/?fbclid=IWAR308SOQM2V0DXBIRF4ARAIVNURWQLSKS3IMIH7N_WWISXGLAU1ZMSIPFQS)

Vegan Sweet Potato Chickpea and Spinach Coconut Curry from the Oh She Glows Cookbook! Made with coconut milk, fresh spices and veggies!

Prep Time 25 minutes

Cook Time 25 minutes

Total Time 50 minutes

Servings 4 -6

Author Brandi Doming

## INGREDIENTS

- 4 teaspoons (20ml) oil or butter or Ghee.
- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped (about 2 cups/500 ml)
- 3 large cloves garlic, minced
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1 medium/large sweet potato diced (about 3 cups)
- 1 x 400ml can chickpeas
- 1 x 400ml can diced tomatoes, with juices
- 1 x 400ml can light coconut milk
- 1 x 142g package baby spinach
- freshly ground black pepper

## **INSTRUCTIONS**

1. In a large saucepan, heat the oil over medium heat. Stir in the onion and cumin seeds and cook for 3 to 5 minutes, or until the onion is soft and translucent.
2. Add the garlic, ginger, turmeric, coriander. Stir to combine and saute for a couple of minutes, until the garlic softens.
3. Add the sweet potato, chickpeas, tomatoes with their juices, and coconut milk. Stir to combine, cover, and simmer over medium heat for 20 to 30 minutes, until the potatoes are fork-tender. Stir in the spinach and cook until wilted

## **RECIPE NOTES**

Because the recipe moves quickly once you've started, be sure to have the ingredients prepped and ready to toss into the pot as soon as they're called for. Keep them separate after prepping, as they are added as different stages.

# Curry Masters Butter chicken (please don't deviate from recipe)

Either Make and FREEZE early, or refrigerate if making a day or so before the 2<sup>nd</sup> Nov.

Drop your Curry off to the Fire Shed on Friday 1<sup>st</sup>, or Saturday 2<sup>nd</sup>, or if you are going to be away, you can contact Amy on 0400 428 038 for her to pick up from your place.



## Ingredients:

1kg Chicken fillets  
300ml Thickened Cream

## Method:

- Mix Butter chicken powder with 300ml of water.
- Cut 1 kg chicken fillet into small pieces.
- Stir fry chicken until cooked.
- Add mixture to the chicken in the pan
- Add 300ml Thickened Cream.
- Butter chicken is now ready to be served.