



## Food Explorers Sweet Potato & Spinach Curry

### Ingredients

1 small onion – diced  
1 clove garlic – crushed  
½ tsp chilli powder  
½ tsp ginger powder  
½ tsp turmeric  
1 tsp curry powder  
400g tin chopped tomatoes  
1 small sweet potato (200g)  
1 x 400g tin of chickpeas  
160g frozen spinach  
250ml vegetable stock

### Method

1. Finely chop the onions.
2. Fry the onion in the oil until soft, add the garlic and continue to cook for a couple of minutes.
3. Add the spices and the chopped tomatoes, sweet potato, and vegetable stock, bring to the simmer and cook until the sweet potato is just tender.
4. Add the chickpeas and spinach. Return to a simmer for a further 5 minutes.
5. Serve with rice.

