



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.

