

Inspired Hillier Recipes

Vegetable Feast

CHICKPEA, SWEET POTATO & SPINACH CURRY

Method:

Heat the oil in a large pan and gently fry the onions and garlic for about 15 minutes. The onions should be soft and translucent.

Add the sweet potatoes and cook for a further 10 minutes, then add the Korma paste and cook for 5 minutes more, stirring to coat everything in the spices. Season.

Pour in the coconut milk and simmer for approximately 30 minutes. The potatoes should just be cooked, but not mushy.

Stir in the chickpeas, mango chutney and spinach and heat through.

Sprinkle on the toasted coconut and serve with rice.

Ingredients - Serves 6:

- 1 tablespoon olive oil
- 1 medium onion – peeled and finely chopped
- 1 garlic clove - crushed
- 3 small sweet potatoes – peeled and 1 inch diced
- 2 heaped dessertspoons Korma paste
- 2 tins coconut milk
- 2 tins of chickpeas
- 2 tablespoons mango chutney
- 200g baby spinach leaves – washed
- 50g desiccated coconut – toasted for 2 minutes in the oven.
- Salt and freshly ground black pepper for seasoning

Chris's Top Tip

Add sautéed sliced mushrooms 10 minutes before end of cooking.
Good made with Maris Piper potatoes in place of sweet potato.

