



Sweet Potato & Chickpea Curry

Ingredients:

- 1 tsp cooking oil, ghee or coconut oil
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 1 tsp fresh ginger, finely grated
- 2 tsp ground coriander seed
- 2 tsp whole fennugreek
- 1 tsp chilli powder (or to taste)
- 2 tsp Urban Forager Vegetable Stock Concentrate
- 1 cup water
- 1 cup coconut milk
- 1kg sweet potato (kumara), in 2cm cubes
- 1 cup cooked chickpeas or 1 tin chickpeas
- 1 red capsicum, roughly chopped
- 1 lebanese cucumber, deseeded and roughly chopped
- 1-2 tomatoes, deseeded and roughly chopped
- 1 cup beansprouts
- natural yoghurt, to serve (optional)
- coriander, to serve

Instructions:

- Saute the onion in oil until almost clear, then add garlic and stir for a few minutes until fragrant
- Add ginger, spices and Stock Concentrate and fry the spices off for about 1 minute. They should be fragrant
- Add water, coconut cream, sweet potato and chick peas and mix well
- Bring to the boil then reduce heat and leave to simmer, lid off, for about 30 minutes or until sweet potato is just tender
- Stir occasionally
- Add capsicum and sprouts and stir till just heated through (keep the sprouts and capsicum crunchy)
- Serve topped with natural yoghurt, cucumber, tomato and coriander

Notes

I leave the skin on the sweet potato if it's organic as there are so many nutrients in and just below the skin. It helps keep the chunks together as well.



Processor 6370P

 **URBAN FORAGER**

urbanforager.com.au

