

# Recipes

## Sweet Potato & Chickpea Coconut Curry

Serves: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

### Ingredients:

- 2 Sweet potatoes (peeled & cubed)
- 400g Tinned chickpeas (drained)
- 400ml Coconut milk
- 400g Tinned chopped tomatoes
- 2 cloves Garlic (crushed)
- 1 tbsp Curry powder
- 2 handfuls Baby spinach
- 1 tbsp Olive oil
- Salt & pepper (to taste)

### Method:

Heat oil in a large saucepan. Add garlic and curry powder and cook for 1 minute. Stir in sweet potatoes, chickpeas, tomatoes, and coconut milk. Simmer for 20–25 minutes until the sweet potato is tender. Stir in spinach and season to taste.

### Tips:

- Serve with brown rice or flatbreads.
- Leftovers are ideal for lunchboxes or freezing.
- Let children sprinkle on toppings like toasted coconut or chopped herbs.

