

Chickpea, Sweet Potato & Spinach Curry

This fresh, fragrant curry gets its flavour from the delicious Chennai curry paste that will transform its simple ingredients into something much greater than the sum of their parts. Plus, it's jam packed full of veggies and sitting on a bed of brown rice, so you know it's good for you. Dig in, guilt free!



Prep: 15 mins Cook: 45 mins Total: 60 mins



level 1



vegan



spicy

Pantry Items







Water









Brown Onion





Chennai Curry Paste



Sweet Potato







Chickoeas

Baby Spinach

Brown Rice

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1	2	brown onion, finely chopped	
1 tub	2 tubs	Chennai curry paste	
200 g	400 g	sweet potato, peeled & cut into 1 cm cubes	
1 tin	2 tins	diced tomatoes	
1 tin	2 tins	chickpeas, drained & rinsed	
½ cup	1 cup	warm water *	
½ bag	1 bag	baby spinach, washed	1
1 packet	2 packets	brown rice, rinsed well	
3 cups	6 cups	water *	
1 bunch	2 bunches	coriander, leaves picked	

Ingredient features in another recipe

Pantry Items

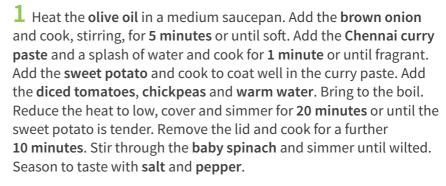
Pre-preparation

Nutrition per serve

Energy	2750	Kj
Protein	20	g
Fat, total	12	g
-saturated	1.4	g
Carbohydrate	108	g
-sugars	23.8	g
Sodium	603	mg



You will need: chef's knife, chopping board, vegetable peeler, sieve, two medium saucepans with lids and wooden spoon.





2 Meanwhile, place the **brown rice** and **water** in the second medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft. Drain.



3 To serve, divide the rice and curry between bowls and top with coriander leaves.



Did you know? Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.