Sweet Potato Curry

Suitable for Vegans and Vegetarians

Ingredients

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 crushed garlic cloves
- 3 cm piece of ginger, grated
- 3 tbsp Thai red curry paste
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml can coconut milk
- 200g bag spinach
- 1 lime, juiced
- Peanuts, unsalted
- Serve with rice

Method

1) Melt the coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger and cook for 1 min.

2) Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

3) Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

4) Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

Adapted from BBC Good Food