

SWEET POTATO AND CHICK PEA CURRY

A perfect heart-warming and delicious dish all year round

 4 portions

INGREDIENTS

- 700 grams of sweet potato, baked
- 1 can drained, rinsed of chickpeas [254 g]
- 1 cup, chopped of onions, raw [160 g]
- 3 cloves of garlic, raw [9 g]
- 20 grams of ginger root, raw
- 3 tbsps of tomato products, canned, paste, without salt added [48 g]
- 1 tsp of spices, turmeric, ground [3 g]
- 2 teaspoon of garam masala [6 g]
- 2 tsps of grounded cumin
- 2 tsps of coriander
- Chilli Flakes, optional
- 800 grams of chopped tomatoes [2 cans]
- 1 can of coconut milk [400 g]
- 1 tablespoon of oil, olive [11 g]
- 1/2 cup of edamame [78 g]
- 10 grams of pumpkin seeds

COOKING METHOD

- 1° Peel the sweet potatoes, rinse in water and cut to bite-sizes. Rinse the chick peas in tap water too.
- 2° Cook or steam the sweet potatoes for about 15-30 minutes, depends on the sizes.
- 3° Heat pan with olive oil and fry the nicely chopped onions until soft. Add the garlic, stir for a couple of minutes
- 4° Add the sweet potatoes, ginger and spices and give it a good mix.
- 5° Toss the tomato paste, chopped tomatoes and coconut milk and blend it all nicely together. Let it boil for 5-10 minutes.
- 6° It's time to add the chickpeas. Let it boil for another 5-10 minutes.
- 7° Garnish with edamame beans and pumpkin seeds for some crunch.
- 8° Add a
- 9° Serve with naan or brown rice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [641 g]	% DRI
ENERGY	77 kcal	494 kcal	25 %
FAT	1 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	113 mg	727 mg	30 %
CARBOHYDRATE	15 g	96 g	32 %
SUGARS	7 g	46 g	—
FIBER	2 g	11 g	44 %
PROTEIN	3 g	16 g	—