

SWEET POTATO CURRY



Sweet potato curry

Preparation:

1. Heat the oil over a low heat in a large pan.
2. Add the onion and cook, stirring occasionally until translucent, then add the garlic, chilli, spices and a pinch of salt and pepper to coat the onions.
3. Cook out for a few minutes to develop the flavour of the spices.
4. Add the sweet potato and coat with the mixture and cook out for a few minutes, then add the tomatoes, coconut milk and ginger.
5. Bring to the boil then turn down to a simmer for 10 minutes.
6. Add the red pepper and cook for 5 minutes, then add the spinach and wilt. Season.
7. To serve, add the curry to a serving bowl and serve the rice on the side, garnished with the lime.
8. Add the yogurt onto the curry, and sprinkle over the coriander and flaked almonds.

Enjoy!

Ingredients (10 servings):

- 2.25kg Aviko Sweet Potato Diced
- 75g vegetable oil
- 1kg onion, finely diced
- 100g garlic, finely sliced
- 100g red chilli, diced
- ½ tsp ground cumin
- Black pepper
- Salt
- ¼ tsp turmeric
- 2½ tsp garam masala
- ¼ tsp ground coriander
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 2kg chopped tomatoes
- 2kg coconut milk
- 75g fresh ginger, peeled and grated
- 750g red bell pepper, deseeded and cut into strips
- 50g baby spinach
- 1.2kg cooked rice
- 350g Greek yogurt
- 15g coriander, chopped
- Flaked almonds



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