



CURRY WITH CHARGRILLED PIECES, SWEET POTATO AND SPINACH

INGREDIENTS

2 packs Garden Gourmet Chargrilled Pieces
200 g bag baby spinach leaves
210 g canned chickpeas, rinsed and drained
1 large sweet potato
400 g canned chopped tomatoes
2 garlic cloves, finely chopped
300 g brown basmati rice
1 large onion, sliced
4 tbsp cashew nuts, toasted
15 g root ginger, peeled and finely chopped
2 cardamom pods (optional)
1 tbsp olive oil
3 tbsp curry paste
Handful coriander leaves

CULINARY TIP

Serving

Try a dollop of mango chutney with the curry and look out for mini naans or chapatis to soak up any remaining sauce!



Shake things up in the kitchen with this easy vegetarian curry recipe made with Garden Gourmet chargrilled pieces, sweet potatoes, spinach and chickpeas.

PREPARATION

1. Fry the onion

Cook the onion in the oil over a low heat for 5-10 minutes until turning crispy and brown. Set aside to serve with the curry.

2. Cook sweet potato

Peel and chop the sweet potato in cubes. Boil the sweet potato for about 5 minutes and drain.

3. Cook the rice

Cook the rice according to the pack instructions. Add cardamom and turmeric to the water (optional). Drain and set aside.

4. Make curry sauce

Gently warm the curry paste in a large non-stick pan and fry with the ginger and garlic. Add the sweet potato chunks, chickpeas and coat in the curry paste mixture. Add the tomatoes and cook for about 10 minutes until reduced slightly. Add the Garden Gourmet Chargrilled pieces and heat through for 5 minutes. Finally stir through the spinach and allow it to wilt for 1-2 minutes with the lid on.

5. Serve with toppings and enjoy!

Serve the curry with the rice, topped with the crispy onions, fresh coriander and toasted cashew nuts. TIP: Try a dollop of mango chutney with the curry and look out for mini naans or chapatis to soak up any remaining sauce!

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