Fate Sweet Potato Curry

Ingredients

2 tablespoons oil

2 teaspoons cumin seeds

1-2 cloves garlic, crushed

1 tablespoon fresh ginger, chopped

1/2 medium sized fresh chillies, chopped

250g onion, roughly chopped

3 teaspoons ground coriander

4 teaspoons Madras curry powder

2 tablespoons fresh coriander, roughly chopped

1 tablespoon tomato purée

500g sweet potato, cut into medium sized cubes*

150g French beans, fresh or frozen, snapped into medium sized pieces

2 x 400g tin tomatoes

200ml water

Salt & pepper to season

* may need to count as exchanges

Method

1. Heat the oil in a pan. Add the cumin seeds and cook over a gentle heat for about 30 seconds until they turn darker, but not burnt.
2. Add the chopped garlic, ginger and chillies. Cook for about 1 minute.
3. Add onion and leave to cook over a high heat for about 5 minutes, until softened and starting to brown slightly.

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4. Add the ground coriander, curry powder and fresh coriander, and stir well. Leave to cook for a couple of minutes.

5. Stir in the tomato purée.

6. Add the sweet potato, French beans, and then add the tins of tomatoes and water.

7. Stir, using the back of the spoon to crush the tomatoes.

8. Season with salt and pepper, and leave gently to cook for about 30 minutes or until the vegetables are cooked.

This recipe was provided by Fate Low Protein Foods

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