

Aromatic Chickpea & Sweet Potato Curry

This is a delicately spiced simple dish, but it is important to cook the onions and spices properly to get the most amount of flavour out of the ingredients. Serve this curry with rice.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



Equipment you will need:

Sharp knife
Potato peeler (optional)
Chopping board
Large pan or wok with lid
Spatula
Can opener

You may also need scissors to open our sachets

Ingredients:

1 tablespoon oil
1 tablespoon cumin seeds
1 onion
2 garlic cloves
chilli flakes to taste
1 tablespoon dried ginger powder

2 sweet potatoes
400g tin chickpeas
400g tin chopped tomatoes
200ml coconut milk (1/2 tin)
1 tablespoon dried coriander

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Instructions:

Serve this curry with rice, see separate instructions to cook the rice.

1. Peel and finely slice the onion and garlic. Wash all the vegetables.
2. If you want to peel the sweet potato, use a peeler to remove the skin, but it will taste just as delicious with the skin on, then cut it into bite size cubes.
3. Heat the oil over a medium heat in a frying pan or wok, add the onions and fry for about 5 minutes or until soft and golden.
4. Add the cumin seeds and cook for a further 3 or 4 minutes to release their flavour.
5. Save some coriander for sprinkling over the curry at the end. Add the garlic, ginger, remaining dried coriander and a pinch of chilli flakes. Fry gently for another 2 – 3 minutes.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

6. Drain the chickpeas. Add the sweet potato and chickpeas to the pan, stir well to ensure everything is coated in the spices and onions. Cook until the sweet potato starts to turn golden at the edges.
6. Add the tomatoes and the coconut milk, stir to combine. Cover the pan and simmer for around 30 minutes, or until the sweet potatoes are soft when tested with the point of a knife. Stir occasionally.
7. Sprinkle over the rest of the dried coriander just before serving with rice.

We have included extra chilli flakes in case you like it spicy! If your curry is a little hot pour in some extra coconut milk before serving. If you like a lot of flavour you could add in extra toppings like fresh coriander!

Cooking for more than 4?
Bulk up the curry by adding raita, which is natural yoghurt and grated cucumber, and adding extra rice.



Promotions in supermarkets may lead to more food waste; we may buy more food that we don't necessarily need if we think we are getting more for our money.