



SWEET POTATO, SILVERBEET & CHICKPEA CURRY

INGREDIENTS

SERVES 6

- 3 tablespoons oil
- 1 onion
- 3 cloves garlic, finely chopped
- 1 sweet potato, peeled and cubed
- 1 bunch silverbeet
- 1 can drained chickpeas
- 1 can chopped tomatoes
- 1 can coconut milk
- 3 teaspoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon mustard seeds
- Lemon juice to serve

EQUIPMENT

- Sharp knives
- Chopping boards
- Measuring spoons
- Large saucepan
- Small saucepan

INSTRUCTIONS

1. Finely chop the onion and saute in 2 tablespoons of oil over a low heat until softened.
2. Peel the sweet potato, cut into cubes and add to the onions.
3. Finely chop the garlic and add to the onions.
4. Remove the silverbeet stems and roughly chop. Add to the onions with the sweet potato. Add water so it just covers the vegetables, and simmer while you cook the spices.
5. Warm the rest of the oil in a small saucepan and add the curry powder, turmeric, cumin and mustard seeds. Let the oil get quite hot and stir while the spices toast. Take care not to burn yourself!
6. Roughly chop the silverbeet leaves. Add to the large pan with the spices, chickpeas, tomatoes and coconut milk, and add a generous pinch of salt.
7. Let simmer for a few minutes until all the veg are cooked through and the sweet potato is soft.
8. Serve with steamed rice and garnish with a squeeze of lemon.

FROM THE GARDEN

- Silverbeet, Onions