Less than 45 minutes

Serves 4-6

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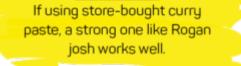
Ingredients:

- 2 Tbsp (30ml) canola oil
- 4 onions, sliced
- 6 cloves garlic, grated
- 4cm knob fresh ginger, finely grated
- 1-2 chillies, deseeded and chopped (or keep whole and just pierce if you prefer less heat)
- 10 curry leaves
- 3 bay leaves
- 3 sticks cinnamon
- 1-3 tsp (5ml-15ml) chilli powder
- 2 tsp (10ml) each ground coriander and ground turmeric
- 2 Tbsp (30ml) hot curry powder
- 1 large packet (100g) tomato paste
- 3 salad tomatoes, grated
- 2 cups (500ml) hot vegetable stock (or chicken stock)
- 3 Tbsp (45ml) peanut butter
- 1 tsp (5ml) salt
- 500g sweet potato cubes
- 500g butternut cubes
- 1 can (400g) coconut milk or coconut cream
- 2 cans (400g each) chickpeas, drained
- Handful Swiss chard or spinach
- Cooked rice, for serving
- Fresh coriander
- Salted peanuts and lime wedges, for garnish

Sambals (optional):

- 2 avocados, sliced
- 2 bananas, sliced
- Handfuls chopped coriander, parsley, chilli, peanuts, and fresh coconut shavings Method
  - 1. Heat oil in a pot and sauté onion for 5-8 minutes until golden.
  - 2. Add garlic, ginger and chilli and cook for 1 minute.
  - 3. Add spices, tomato paste and grated tomato and cook for about 2-3 minutes or until sticky.
  - 4. Whisk stock and peanut butter until well combined, and just before the tomato mixture in the pot catches, pour in the stock mixture.
  - 5. Add vegetables and cook for 20 minutes on a medium simmer, partially covered, until tender.
  - 6. Stir in coconut milk and chickpeas.
  - 7. Add Swiss chard or spinach to the curry. Keep warm.
  - 8. For sambals, toss avocado with coriander, parsley and peanuts.
  - 9. Toss banana with coconut, chilli and coriander.
  - 10. Serve curry with sambals.

## GOOD IDEA



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