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

If using store-bought curry paste, a strong one like Rogan josh works well.

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Check Out Our Chicken Curry Recipe