

## Sweet Potato and Chick Pea Curry

### *Ingredients*

- Vegetable Oil 1 tablespoon
- Cumin Seeds, 1 tablespoon (or ½ tbsp ground cumin)
- Ground coriander (½ tbsp)
- Onion (finely sliced) 1
- Leek (finely chopped) 1
- Garlic (crushed) 3 cloves
- 1 Chilli Flakes (to taste) ½ teaspoon
- Fresh Root Ginger (peeled and grated) 50g
- Tin of chickpeas, drained and rinsed (*or soaked dried chickpeas*)
- Sweet Potato, 2-3 medium sized, cut into bite- sized cubes
- ½ Vegetable bouillon cube in 100 ml boiling water
- Tin of coconut milk
- Chopped fresh tomatoes, cut small (optional)
- Chopped fresh coriander (optional)
- Salt And Black Pepper add

### *Method*

1. Peel and dice the sweet potato and cook in boiling water until cooked but slightly firm
2. While the sweet potato is cooking, chop the onion, leek, garlic and ginger finely.
3. Fry the onion in the hot vegetable oil, and when more or less cooked add the leek, garlic and ginger and fry for another couple of minutes
4. Add in the cumin seeds (or ground cumin) and ground coriander and chili to taste. Stir well
5. Add in the ½ vegetable bouillon made as stock with the boiling water and stir well
6. Add in the previously cooked sweet potato (drained)
7. Add in the chickpeas (drained and rinsed) and cook for 5 minutes on a medium heat, adding more water if it is sticking or looks too dry (stir regularly)
8. Turn down to a low heat, cover and cook for a further 5 minutes
9. Add in the tin of coconut milk and cook on a low heat for a further 5 minutes (making sure the liquid does not boil but it is well heated through)
10. Add in the fresh chopped tomatoes and cook for 2 more minutes
11. Add salt and pepper, and fresh coriander, and serve with basmati rice\*

\*For a healthier alternative to basmati rice, you can use quinoa or brown rice.