



Ingredients:

- 3 sprigs spring onion (finely chopped)
- 1 small yellow onion (finely chopped)
- 4 cloves garlic (finely chopped)
- ½ inch piece of ginger (finely chopped)
- 2 tbsp olive oil
- 1 tablespoon of dried thyme or
- 1 can coconut milk
- 250 ml (1 cup) vegetable stock
- 1 can chickpeas or kidney beans
- 1 large sweet potato - peeled, cut into 2cm cubes
- 1 tbsp jerk seasoning
- 1/2 tsp black pepper
- 1/2 tsp turmeric



Method:

- 1 Heat coconut oil in a pot or heavy bottomed saucepan over a medium heat and add onion and spring onion. Sautee until translucent, about 3 minutes.
- 2 Add thyme, garlic, ginger, and scotch bonnet (optional). Sauté until fragrant, about one minute. Finally add turmeric and black pepper. Sauté for 30 seconds.
- 3 Add coconut milk, vegetable stock, and cubed sweet potatoes. Simmer on medium low heat until the sweet potatoes are almost tender. About 15-20 minutes.
- 4 Add in the Jerk seasoning and chickpeas. Simmer until the sweet potatoes are completely cooked and the sauce thickens to your desired consistency. (Sauce should easily coat the back of a spoon)
- 5 Add salt to taste and top with garnish of choice.

Sweet Potato Curry