

# Cooking at Home *with* City Catering

## Sweet Potato and Chickpea curry with Rice

Prep time: 15 minutes/ Cooking time: 45 to 50 minutes



Serves  
4

### Ingredients

- 2 tbsps. Oil
- 1 tbsp. cumin seeds
- 1 white onion, finely diced
- 3 cloves of garlic, crushed
- ½ red chilli, finely chopped (optional)
- 1 large thumb of fresh ginger, peeled & grated
- 1 tin of chickpeas, drained
- 1 tin of chopped tomatoes
- 600g sweet potato, peeled & cut to bite size pieces
- Rice to serve
- Salt & pepper, to taste



## METHOD

1. Heat the oil in a large saucepan over medium heat. Add the cumin seeds and cook for 1 minute stirring constantly, then add the diced onion and cook for 5 minutes (or until starts going soft).
2. Add the crushed garlic, finely chopped chilli & grated ginger and cook for another 2 to 3 minutes.
3. Add the drained chickpeas, chopped tomatoes, sweet potatoes & enough water to make sure everything is covered (around 600ml), give it a good stir to make sure everything is well mixed.
4. Bring to a simmer and cover with a lid. Cook at medium to low heat, stirring every so often, for around 25 minutes or until the sweet potatoes are cooked. If you think it is going to fry just add a drop of water.
5. Meanwhile cook the rice following the manufacturer's instructions.
6. Serve the curry with some rice.

## TIPS

- ✓ Super easy recipe to cook ahead and reheat as needed.
- ✓ Feel free to add some other veg like peas, carrots, broccoli or cauliflower. A handful of spinach towards the end of cooking would work really well too.
- ✓ If you would like the sauce to be richer you can add a second tin of chopped tomatoes and reduce the amount of water you use.
- ✓ If you do not have cumin seeds available use up whatever curry spices you have in your cupboard.
- ✓ For a bit of a change you could serve it with some naan bread instead of rice.
- ✓ You can add some diced chicken too. Add it at step 2 and make sure it is lightly browned before adding the rest of the ingredients.
- ✓ You could also swap the sweet potato for some butternut squash or even just use normal potatoes instead.