

# SWEET POTATO CURRY

— BE —  
PORTION  
SIZE  
— WISE —



**APPROX 425 KCAL PER SERVING  
BASED ON FOUR SERVINGS  
(CHICKPEAS AND BANANA)**

**APPROX 422 KCAL PER SERVING  
BASED ON FOUR SERVINGS  
(CHICKEN AND BANANA)**

## INGREDIENTS **SERVES 4**

**200ml** of water

Pinch of salt and pepper to season

**450g (1lb)** 1 onion chopped

**1** thumb sized piece of ginger, peeled & finely chopped

**2** green chillies, finely chopped

**2** crushed or chopped cloves of garlic

**1** teaspoon garam masala

**1** teaspoon ground cumin

**1** teaspoon ground coriander seeds

**1** or **2** sweet potatoes (approx.1 kilogram), peeled and cubed

Chopped vegetables of choice eg **300g** cauliflower, **100g** green

beans, **1** red pepper **200g** cooked chicken pieces or

one **400g** can of chickpeas (optional)

**1** banana (optional)

low fat yoghurt, mixed with cucumber and mint

## METHOD

- Dry fry onion, ginger, chillies & garlic
- Add spices, 200 ml of water, salt and pepper to season
- Add chopped vegetables and cook for 10 minutes
- Add cooked chicken, or chickpeas and chopped banana if using
- Serve with low fat yoghurt mixed with cucumber and mint

**£2.87**

**PER SERVING BASED  
ON FOUR SERVINGS**

**£11.51\***

**TOTAL COST APPROX**

\*Cost excludes store cupboard items such as oil, seasonings and spices

RECIPE COURTESY OF HELEN MOYES, HEART OF DERBYSHIRE ADULT EDUCATION TUTOR.

