

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.

