
Coconut Sweet Potato Curry

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 tbsp yellow onion
- 1 onion, diced
- 4 closed garlic, minced
- 1 tsp ginger, minced
- 2 sweet potatoes, peeled and cubed
- 200ml tomato sauce
- 1 1/2 tbsp curry powder
- 150ml vegetable stock
- 500ml coconut milk
- 1/2 tsp chili flakes
- Salt and pepper to taste
- 3 cups kale, chopped
- 1/2 cup chickpeas (optional)

Instructions:

1. Heat the oil in a large saucepan on medium heat, then add the onion and cook for about 5 minutes until soft.
2. Stir in the garlic and ginger, the stir for 1 minute. Add the sweet potatoes, tomato sauce and curry powder.. Stir for 10minutes.
3. Add the stock, coconut milk, kale and chickpeas. Add the chili flakes if you like it spicy, and salt & pepper to taste. Reduce the heat to low and simmer for 20minutes until the potatoes are soft.
4. Serve with rice or quinoa.