



Product Spotlight: Spinach

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



2 Creamy Sweet Potato Curry with Chickpeas

A creamy coconut sweet potato curry with chickpeas and spinach, mild in heat and full of flavour!

 30 minutes

 2 servings

 Plant-Based

17 August 2020

Stretch the dish!

Add extra vegetables such as broccoli or capsicum to the curry and increase the sauce with coconut milk and extra spices. Serve with papadums on the side if you have some. Finish with a squeeze of lemon.

Per serve: **PROTEIN** 25g **TOTAL FAT** 28g **CARBOHYDRATES** 133g

FROM YOUR BOX

BASMATI RICE	150g
SWEET POTATOES	400g
ZUCCHINI	1/2 *
CHERRY TOMATOES	1 bag (200g)
VEGGIE STOCK PASTE	1/2 jar *
NASI GORENG PASTE	1/3 jar *
CHICKPEAS	400g
BABY SPINACH	1/2 bag (100g) *
COCONUT YOGHURT	1/2 tub (150g) *
PARSLEY	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander

KEY UTENSILS

saucepan, large frypan with lid

NOTES

Place the lid on top of the pan to help the spinach wilt down if needed.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. FINISH THE CURRY

Reduce heat to low. Stir through spinach and coconut yoghurt until combined. Season with **salt and pepper**.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Dice sweet potato and zucchini. Halve tomatoes. Add to pan as you go along with **2 tsp ground coriander**, stock paste and 1/4 cup (1/3 jar) nasi goreng paste. Cook for 5 minutes until fragrant.



5. FINISH AND PLATE

Divide curry and rice among bowls. Garnish with chopped parsley.



3. SIMMER THE CURRY

Pour in **1 1/2 cups water** and drained chickpeas. Cover and simmer for 15–20 minutes or until sweet potato is tender.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

