



Thai sweet potato curry

Serves 4
Prep 10 minutes
Cooking 35 minutes

Ingredients

1 tbsp oil
1 onion finely chopped
2 cloves of garlic crushed
Thumb-sized piece of ginger, peeled and grated
3 tbsp thai red curry paste
1 tbsp smooth peanut butter
5 small sweet potatoes
1 400ml can reduced fat coconut milk
3 large handfuls of fresh spinach
Cooked rice to serve

Method

1. Heat the oil in a pan and add the onions and cook gently for 5 minutes, add the garlic and ginger, cook for another minute.
2. Stir in the curry paste, peanut butter and sweet potato. Add the coconut milk and $\frac{1}{2}$ can of water, bring to the boil then simmer for 25 minutes or until the sweet potato is cooked.
3. Add the spinach, check seasoning and serve with brown rice and homemade naan bread.