

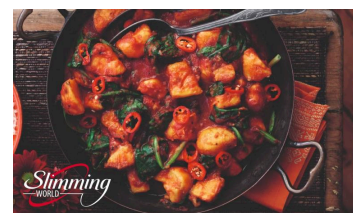
SWEET POTATO AND SPINACH CURRY



Rich in both colour and flavour, this fresh-tasting curry begs to be served with cauliflower rice. This recipe has been selected together in partnership with Slimming World.

Serves 4

Prep See below for total cook and prep time



Each 473g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
254	48.0g	8.2g	6.6g	1.4g	0.3g	18.0g	0.32g	3

Ingredients

300ml hot low salt vegetable stock, suitable for vegans

750g sweet potatoes, cut into bite-size chunks

1 onion, finely chopped

250g baby spinach

2 garlic cloves, thinly sliced

1 red chilli, deseeded and thinly sliced, plus extra slices to serve

1 tbsp medium or hot curry powder

400g passata

Method

Step 1

Pour the stock into a large saucepan and add the sweet potatoes and onion. Bring to the boil, then reduce the heat, cover and simmer gently for 4-5 minutes.

Step 2

Add the spinach, garlic, red chilli, curry powder and passata to the pan. Stir well and cook over a medium heat for 10 minutes or until the sweet potatoes are tender. Season chilli slices scattered over

Recipe tips

- ✓ This recipe would work well with butternut squash or pumpkin instead of the sweet potato, if you prefer.
- ✓ Check spice/seasoning blends for added ingredients such as sugar, salt, flour or oil. Choose blends made from herbs and spices only if possible.