



**FREEZER
FAVOURITES**

*Cook Once
Enjoy Later* ♥

SWEET POTATO & COCONUT CURRY

A CREAMY, FLAVOURFUL CURRY WITH
ROASTED SWEET POTATO, CHICKPEAS
AND SPINACH – PERFECT FOR BATCH
COOKING AND FREEZING.



PLANT
POWERED



NUTRITIOUS



FREEZER
FRIENDLY



INGREDIENTS (MAKES 4–6 PORTIONS)

- 2 large sweet potatoes, peeled and cut into chunks
- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 tbsp fresh ginger, grated
- 1 tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 400g tin chopped tomatoes
- 400ml coconut milk
- 400g tin chickpeas, drained and rinsed
- 150g fresh spinach
- Salt and pepper to taste
- Fresh coriander, to garnish



METHOD

- 1 Preheat the oven to 200°C. Toss the sweet potato chunks with olive oil, salt and pepper and roast for 25–30 minutes until tender and lightly golden.
- 2 Meanwhile, heat a little oil in a large pan and sauté the onion until soft. Add garlic and ginger and cook for 1 minute.
- 3 Stir in the curry powder, cumin and coriander, then cook for another minute.
- 4 Add the chopped tomatoes and coconut milk, then bring to a simmer.
- 5 Add the roasted sweet potatoes and chickpeas, then simmer for 10 minutes.
- 6 Stir in the spinach and cook until wilted. Season to taste and garnish with fresh coriander.



FREEZER TIPS

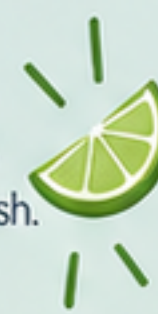
- ✓ Allow to cool completely before freezing.
- ✓ Portion into freezer-safe containers.
- ✓ Keeps well for up to 3 months.
- ✓ Defrost overnight in the fridge and reheat on the hob or in the microwave.

Good food for busier days ♥



MAKE IT YOURS

- Add red lentils for extra protein.
- Swap spinach for kale or mangetout.
- Serve with rice, quinoa or naan bread.
- Add a squeeze of lime juice for a fresh finish.
- Try with butternut squash instead of sweet potato.



**PERFECT
FOR...**



EASY
WEEKDAY MEALS



BATCH
COOKING



FAMILY
FAVOURITES



A HEALTHY,
SATISFYING MEAL

