RECIPE

Satay Sweet Potato Curry (Vegan Friendly)!

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Boosts 2 of your 5-a-day and is under 400 kcals

Ingredients

1 tbsp coconut oil

1 onion, chopped

2 garlic cloves, grated

Thumb-sized piece ginger, grated

3 tbsp Thai red curry paste (check label

to make sure vegan/ vegetarian)

1 tbsp smooth peanut butter

500g sweet potato, peeled and

cut into chunks

400ml can coconut milk

200g spinach bag

1 lime juiced

Cooked rice to serve (optional)

Dry roasted peanuts to serve

(optional)

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Methods

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.

2. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

3. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

4. Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.