

Spiced Sweet Potato Curry With Peas & Coconut Milk



Ingredients

- 500g sweet potatoes, peeled and cut into 1cm cubes
- 4 banana shallots, peeled and quartered
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2teaspoon ground turmeric
- 2 tablespoons oil
- 1 teaspoon sea salt flakes (optional)
- 1x 400g tin of coconut milk
- 300ml boiling water
- 150g frozen peas, defrosted
- 100g red lentils

To Serve

- 1-2 limes, juice only
- A handful of fresh coriander, chopped

Method

1. Preheat the oven to 210C fan/230C/gas 8.
2. Put everything into the roasting tin, except the coconut milk, water, peas and lentils.
3. Mix, then roast for 5 minutes. Add the coconut milk, water, peas and lentils, stir well and cook for a further 25 minutes, until the potatoes are cooked through.
4. Be careful opening the oven, as this dish will release quite a lot of steam.
5. Once cooked, taste and adjust with lime juice and salt as needed, scatter over the fresh coriander and serve hot with rice or flatbreads.

Notes

- For adults, add 1 teaspoon of chili powder when you roast the sweet potatoes, or finely chopped fresh red chilli at the end.

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