

Recipe of the Month

Satay Sweet Potato and Kale Curry

Ingredients

2 sweet potatoes, peeled and chopped into 3/4 inch size cubes
 1tbsp coconut oil
 1 onion, finely sliced
 2tsp garlic and ginger paste
 A couple of pinches of chilli flakes
 2tsp tomato puree
 2tsp ground cumin
 500ml vegetable stock
 3tbsp peanut butter
 big handful of kale, stalks removed and torn into bite sized pieces
 Salt and pepper
 Juice of 1 lime

Serve with organic natural yoghurt or coconut yoghurt if vegan and chopped coriander



Method

- Pop the sweet potato into a microwaveable bowl, cover and cook in the microwave for approximately 8 minutes or until soft.
- Melt the coconut oil in a saucepan, add the onions and a pinch of salt and cook until the onions are softened.
- Stir in the garlic and ginger paste, chilli, tomato paste and cumin and cook for a couple of minutes.
- Add the sweet potato to the pan with the stock cube (you can add some split red lentils and some extra water if you want to increase the protein content. You will need to cook this for about 10-15 minutes before the next step).
- Stir in the peanut butter and, with the back of a fork, mash up some of the sweet potato to thicken the sauce.
- Season with salt and pepper.
- Let the curry simmer for a few minutes and then add the Kale. Cook until wilted and cooked to your liking.
- Take the pan off the heat and add the lime juice.
- Spoon into bowls and top with yoghurt and chopped coriander and some more chilli flakes if you like it a bit more spicy.

This is an adapted Joe Wicks recipe so it takes all of 15 minutes but can be cooked more slowly without the use of a microwave. If you'd like to increase the protein content, add some split red lentils and some extra cooking water.