Easy curry recipe - Chicken, chickpea and sweet potato

This recipe works equally well with the chicken or without.
Swap in any veg that you have.
Serve it with rice or naan

Serves 4
Ingredients

1 onion
4 cm piece of ginger
2 cloves of garlic
1 heaped tbsp curry powder
4 tbsp tomato puree
1 green chilli (or use chilli flakes)
4 tbsp natural yogurt (or coconut milk for non dairy
Vegetable oil

2 chicken breasts
1 tin of chickpeas
1 sweet potato

Swap in different vegetables - spinach, butternut squash, carrot etc.
Experiment with different spices - cumin, coriander, garam masala etc.

Peel and chop the sweet potato into small dice.
Chop the onion and garlic finely
Peel and chop the ginger into small pieces
Chop the chicken into small pieces

Heat a little oil in a large pan over a medium heat. Add the onion, garlic and ginger and cook until softened.

Add the chicken and spices. Season with salt and pepper. Cook through.

Tip in the chickpeas (juice and all) and sweet potato. Stir in the tomato puree. Add a little more water to cover and simmer for around 20 minutes until the sweet potato is soft.

Add the yogurt/coconut milk and spinach then bring back to the boil

Taste and season to perfection. Serve with rice or naan bread.

Method

For the rice
Use 1 mug of rice and two mugs of boiling water (atleast)
Rinse the rice in cold water to remove the excess starch. Cook in a large pan of boiling water for 10 -12 minutes (or according to packet instructions) Stir the rice to make sure it doesn't stick then keep checking to make sure it doesn't boil dry. Drain thoroughly.

Ginger, garlic and onion!

This taste combination is a real food hero!
Chop finely and stir fry vegetables, chicken, pork or prawns with soy sauce. Eat with rice or noodles. Use chilli too if you like a little heat!
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