# Sweet Potato & Kale Curry

## Ingredients

- 1 tbsp olive oil or coconut oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- ½ tsp smoked paprika
- ½ tsp chilli flakes (optional, for heat)
- 2 medium sweet potatoes, peeled and diced
- 1 tin (400ml) coconut milk
- 250ml vegetable stock
- 1 tin (400g) chopped tomatoes
- 1 tbsp tomato purée
- 1 tin (400g) chickpeas, drained and rinsed
- 100g fresh kale, chopped (stems removed)
- 1 tbsp fresh coriander, chopped (for garnish)
- Salt & black pepper, to taste
- Juice of ½ a lemon or lime

## Directions

1. Heat oil in a large pan over medium heat.
2. Add the onion and cook until softened.
3. Stir in garlic, ginger, cumin, coriander, turmeric, paprika, and chilli flakes. Cook for 1 minute until fragrant.
4. Add the diced sweet potatoes, coconut milk, vegetable stock, chopped tomatoes, and tomato purée.
5. Bring to a gentle simmer and cook for 15–20 minutes, until the sweet potatoes are tender.
6. Stir in the chickpeas and chopped kale.
7. Simmer for another 5 minutes until the kale is wilted.
8. Season with salt, black pepper, and a squeeze of lemon or lime juice.
9. Garnish with fresh coriander and serve with warm rice or naan.

HOZELOCK