# CHICKPEA & SWEET POTATO CURRY

## Serves 4

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# INGREDIENTS

- 400g sweet potatoes
- 350g carrots
- 1 onion
- 3 garlic cloves
- 1 red chilli
- 1 celery stalk
- 2 tins chickpeas, drained
- Oil for frying
- 4 tsp curry powder
- 1 tin coconut milk (and 1/2 tin water)
- Salt and pepper
- 2–3 tbsp lemon juice
- Small handful leaf parsley

# METHOD

1. Peel the sweet potatoes and the carrots and dice into very small peices. Chop the onion, garlic, celery and chilli finely.

2. Heat a generous amount of oil in a pot. Add all of the chopped veg. Then add the curry powder. Stir together with the oil and fry on a high–med heat for about five minutes.

3. Add the coconut milk, fill half the tin with water and add that too. Bring to a simmer, season to taste. Simmer for 10 mins, before adding the chickpeas.

4. Simmer for another five mins or so until the potato and carrot are soft enough to eat.

5. Squeeze the lemon juice in and stir. Chop the parsley a little and add to the pot as a garnish before serving.