



Chickpea and Sweet Potato Korma

Prep:	10 mins
Cook:	40 mins
Total:	50 mins
Servings:	12 children and 1 adult

Ingredients

- 2 medium onions
- 1 thumb size of Ginger
- 3 cloves garlic
- 3 tablespoons rapeseed oil
- 1 tin chopped tomatoes
- 4 tablespoons tomato puree
- 1 tin coconut milk
- 1 heaped teaspoon garam masala
- 1 tablespoon ground coriander
- 3 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 2 tins chickpeas
- 500g sweet potato
- 300g frozen peas (optional)

Method

1. Roughly chop onions, garlic and ginger and pan fry over medium heat until the onions turn translucent.
2. Add the spices and cook to release the oils.
3. Pour in the tin of tomatoes and tomato puree, then using a stick blender, blend until smooth and creamy.
4. Add the coconut milk and chickpeas and stir until completely combined.
5. Peel the sweet potatoes, then chop into bite sized chunks.
6. Cook until the potatoes are soft and the sauce is creamy, about 30 minutes.
7. If using, add the frozen peas for the last 10 minutes of cooking.
8. To serve, sprinkle over finely chopped coriander and serve on a bed of rice.

Adapted from:

<https://www.babyledfeeding.com/recipe/slow-cooker-chickpea-sweet-potato-korma/>