



Caribbean Sweet Potato and Channa Curry

Prep:	10 mins
Cook:	Max 25 minutes in total
Total:	35 minutes
Servings:	8 children and 1 adult

Ingredients

- 1 tbsp vegetable oil
- 1 onion, diced
- 1 large carrot, diced
- 3 garlic cloves, minced
- 1 tbsp. freshly grated ginger
- 1 can coconut milk
- 1 large sweet potato peeled and diced
- 2 tsp. mild curry powder
- ¼ tsp. dried thyme
- ¼ tsp. black pepper
- 1 can chickpeas, drained and rinsed
- 1 cup frozen peas, thawed
- salt to taste

Method

1. Coat the bottom of a medium saucepan with oil and place over medium heat. Add the carrot and onion and cook until the onion is softened and translucent.
2. Add garlic and ginger. Cook 1 minute more, until very fragrant.
3. Add the curry powder and cook to release oils.
4. Add coconut milk, sweet potato, thyme, stir a few times, raise heat and bring to a simmer.
5. Lower heat and cook until the potatoes are tender, about 20 minutes.
6. Stir in the chickpeas and peas and cook until heated through.
7. Season with salt to taste.