

DECADENT CURRY

CHICKPEA AND SWEET POTATO

serves: 4 | preparation time: 15 minutes | cooking time: 50 minutes

A curry spice blend is rich in anti-inflammatory compounds and enjoying it liberally can boost heart health, reduce oxidative stress and improve blood sugar levels. The best part of it is not just the health benefits, but also the fact that it's simply delicious.

1 TABLESPOON COCONUT OIL

1 TEASPOON YELLOW MUSTARD SEEDS

1 BROWN ONION, DICED

2 CLOVES GARLIC, MINCED

2 TEASPOONS CURRY POWDER

1 TEASPOON GROUND CUMIN

1 TEASPOON GROUND CORIANDER

1/2-1 TEASPOON CAYENNE PEPPER

1 TABLESPOON GARAM MASALA

1 TEASPOON GROUND CINNAMON

200 GRAMS CHERRY TOMATOES, HALVED
250 GRAMS CHICKPEAS, COOKED (SEE

PAGE 24)

1 LARGE SWEET POTATO, SCRUBBED
AND CUBED

4 CUPS VEGETABLE STOCK

1/2 CUP UNCOOKED RED RICE

400 MILLILITRES COCONUT MILK

SALT AND PEPPER

1 GENEROUS HANDFUL SWISS CHARD,

FINELY CHOPPED

TO SERVE

1 CUP PLAIN YOGHURT

1 HANDFUL FRESH CORIANDER LEAVES, ROUGHLY CHOPPED

ZEST OF 1 LEMON

JUICE OF ½ LEMON

80-100 GRAMS RAW ALMONDS, ROASTED
(SEE PAGE 24) AND ROUGHLY CHOPPED

Heat the coconut oil in a medium-sized saucepan over medium heat. Add the mustard seeds and fry until they start to pop. Once they start popping, add the onion and sauté for 5 minutes until translucent. Add the garlic and sauté for a further 2 minutes.

Add all the spices and sauté for 1 minute until aromatic. If it sticks, add a tablespoon of water to help it along.

Add the tomatoes, chickpeas, sweet potato and vegetable stock and simmer for 15–20 minutes, stirring often. If it gets a bit dry, top up with water and mix well. Give your curry some love and check on it often.

Add the rice and coconut milk to the saucepan and continue simmering for another 30 minutes. Season to taste with a generous crack of salt and some black pepper.

Once the sweet potato is soft and the rice is cooked, your curry is ready. Stir in the Swiss chard and spoon the curry into bowls. Top with a swirl of yoghurt, coriander, lemon zest and juice and a sprinkling of almonds.