






Cooking Made Easy

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## Sweet Potato and Carrot Veggie Curry

Why we we love sweet potatoes so much? Simple: they are among the most nutritious vegetables around! They are full of both vitamin A and C and deliver a whole host of other health benefits...they are also one of the tastiest veggies around! Winner!

 35 mins

 healthy

 veggie

 spicy

 gluten free



Carrot



Sweet Potato



Green Beans



Kaffir Lime Leaf



Vegetable Stock Pot



Basmati Rice



Onion



Green Chilli



Curry Powder



Desiccated Coconut




Natural Yoghurt

## Ingredients

	2P	4P
Carrot, sliced	2	4
Sweet Potato, chopped	½	1
Green Beans, halved	1 pack	2 packs
Kaffir Lime Leaf	1	2
Vegetable Stock Pot <b>1</b>	½	1
Basmati Rice	1 cup	2 cups
Onion, chopped	1	2
Green Chilli, chopped	1 tsp	2 tsp
Curry Powder	½ tbsp	1 tbsp
Desiccated Coconut	1 tbsp	2 tbsp
Natural Yoghurt <b>2</b>	1 pot	2 pots

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Celery | **2)** Milk

**Nutrition per serving:** Calories: 537 kcal | Protein: 15 g | Carbs: 118 g | Fat: 4 g | Saturated Fat: 2 g



**1** Bring 400ml water to the boil in a pot with ¼ tsp of salt. Peel and chop the carrots into slices roughly 1 cm wide. Peel and chop your sweet potato into approx. 2cm cubes. Cut the tops and bottoms from the beans (this is called ‘top and tailing’) and cut them in half.

grind of pepper and mix together to make your curry paste! **Tip:** *If you have a blender or a pestle and mortar you can use this to make your paste, but if not don't worry!*



**2** Add the carrot and sweet potato to the boiling water with the kaffir lime leaves. Cook for 20 mins until the veggies are soft. In the last 5 mins of cooking add your beans.

**5** Once the vegetables are soft, add the curry paste to this pot, stir together and simmer for 5 more mins. Then turn the heat right down and add the yoghurt. Taste and add a little more salt and pepper if needed.



**3** Bring another pot of water to the boil - 350ml exactly, with the stock pot. Once boiling add your rice, turn your heat to low, cover and cook for 10 mins. Then take the pot off the heat and leave for another 10 mins. **Tip:** *To make sure your rice is perfect don't touch the lid until the 20 mins are up!*

**6** When the rice is cooked, fluff it up with a fork and serve with the curry on top!



**4** Peel and finely chop your onion into roughly 1cm pieces (½cm if you can manage it!). Finely chop your chilli. **Tip:** *If you don't like spice remember to remove the seeds first.* Put your onion in a bowl with your chilli, curry powder, the desiccated coconut, 1 tbsp of oil, ¼ tsp of salt and a good

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