

Red Sweet Potato Curry

Serves 4

2 tsp. coconut oil
1 white onion, diced
2 cloves garlic, minced
4 tbsp. Thai red curry paste
2 sweet potatoes, peeled and diced
14oz. (400g) can chopped tomatoes
1 cup (240ml) vegetable stock
¼ cup (65g) smooth natural peanut butter
½ cup (120ml) canned coconut milk, light
juice of 1 lime
3 cups (480g) cooked white rice
¼ cup (30g) peanuts, chopped
handful coriander, chopped

What you need to do

1. Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.
2. Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.
3. In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.
4. Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.



GF	DF	MP	V	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					10 mins	35 mins	459	18	62	13

*Nutrition per serving

