

Sweet Potato & Kale Curry



Ingredients

- 2 tbsp vegetable or sunflower oil
- 2 onions (diced)
- 5 tbsp korma curry paste
- 500ml vegetable stock
- 300g sweet potatoes cut into chunks
- 300g baby new potatoes
- 150ml single cream or coconut milk (from a can)
- 2 large handfuls of kale roughly chopped
- 80g roasted cashew nuts (roughly chopped)
- salt and ground black pepper
- coriander leaves (roughly chopped to finish)

Method

- Heat the oil in a large non-stick saucepan. When it's hot add the onions and cook for 8-10 minutes until they turn a light golden brown. Stir in the korma paste and stir for 1-2 minutes.
- Pour in the vegetable stock and add the sweet potatoes and baby new potatoes. Bring to a boil, reduce the heat and simmer with a lid on until the potatoes are tender.
- Remove the lid, pour in the cream and toss in the chopped kale. Season and cook for another 3-4 minutes. Stir in half of the chopped cashews.
- Ladle the curry into bowls and add a little extra cream or coconut milk. Top with the remaining cashews and some fresh coriander.
- Serve with rice

Nutrition

Sweet potatoes are a great source of **vitamin A** which is essential for healthy vision, immunity, skin health and can even reduce your risk of cancer!

