

## Sweet potato, vegetable and chickpea curry with rice

Serves 10

Ingredients	
50g unsaturated spread	½ tsp (2.5g) ground cinnamon
2 (300g) onions, peeled and chopped	½ pt (280 ml) milk
1 (250g) sweet potato, peeled and diced	800g seasonal mixed vegetables
2 carrots (200g) peeled and diced	¼pt (140 ml) vegetable stock made with Kallow low salt stock cube
25g flour	1 tbsp mango chutney
1 tsp (5g) curry powder	½ (150g) head of cauliflower, cut into florets
½ tsp (2.5g) ground ginger	1 (150g) head of broccoli, cut into florets
400g chickpeas canned in unsalted water	200g basmati rice

• **METHOD:**

- In a large saucepan melt the spread.
- In a separate saucepan heat the milk.
- Add the onion and sweet potato to the melted spread and cook for 4-5 mins until the onion has softened.
- Add the flour, curry powder, ginger and cinnamon. Cook gently for 5 minutes before blending in the warmed milk and stock.
- Stir in the chutney.
- Now add the cauliflower, broccoli and chickpeas and bring to the boil.
- Reduce the heat, and simmer for 15 minutes.
- Meanwhile cook the rice according to the pack instructions.
- Serve the curry on a bed of rice.



- ✓ **Cook's tip-** for weaning diets prepare extra sweet potato and broccoli to make a puree
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR
- ✓ FOR DAIRY FREE DIETS, USE SOYA DAIRY ALTERNATIVE TO MILK

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
231	8	7	36	4	0.5	2.8	106