

Sweet Potato & Chickpea Saagwala

KSG



The Ingredients

- 3 -4 med sweet potato (peeled & 2 inch diced)
- 2 Tbsp Cooking oil
- 5 Tsp Tandoori spice
- Pinch Salt & Pepper to taste
- 1 medium Red onion diced
- 1/2 inch Fresh ginger-pureed
- ¼ Red chilli- diced
- 1 Tsp Tomato puree
- 80g Tinned tomato
- 80g Coconut milk
- 100g Tinned Chickpeas drained
- 80g Baby spinach
- Bunch of Fresh coriander stalk & leaf

The Method

- Mix the sweet potato, 1/3 of the tandoori spice, a pinch of salt and pepper and ½ the oil. Put on a tray and roast in the oven at 180c for 20 mins.
- Make the sauce by sweating the onion, ginger, chilli and the rest of the oil in a saucepan until soft.
- Add the rest of the tandoori spice and cook for 5 mins.
Stir in the puree, tinned tomato and coconut milk.
- Keep on a low heat for about 30 minutes. Stir to avoid burning.
- Just before serving add the drained chickpeas, washed spinach and the roast sweet potato.
- Season to your taste with salt and pepper.

Serving suggestion:
**Serve with a good quality
rice /naan bread
/ rialta or chutney**