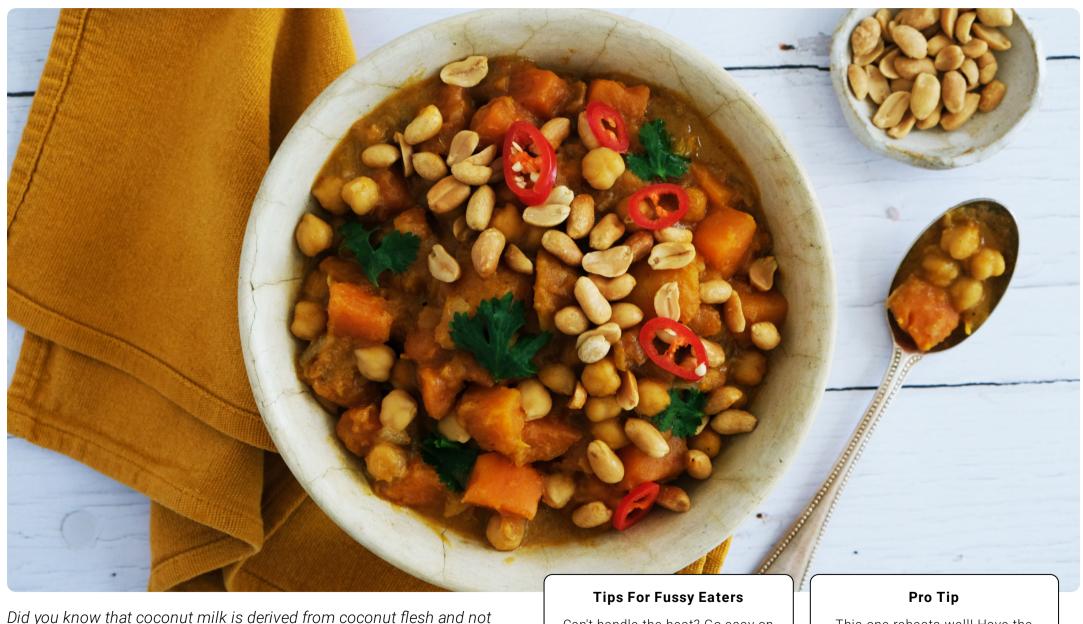
Spicy Satay Curry

with Chickpeas and Sweet Potato



Did you know that coconut milk is derived from coconut flesh and not from the coconut water found on the inside?

Cooking Time: 35 min | Dairy-Free Cals 1197 | Prot 34 | Carbs 163 | Fat 48 Can't handle the heat? Go easy on the red curry paste and chilli!

This one reheats well! Have the leftovers for lunch the following day.

For 2 For 3 For 4 Ingredients

Curry

Chickpeas	240	480	480	Grams
Sweet potatoes	400	600	600	Grams
Brown onion	1	1	2	Pieces
Ginger	30	45	60	Grams
Garlic cloves	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Red curry paste	20	30	40	Grams
Water	150	100	300	ML
Soy sauce	20	30	40	ML
Peanut butter	30	45	60	Grams
Coconut milk	200	400	400	ML
Coconut sugar	10	15	20	Grams
Lime leaves	3	3	6	Piece
Lime	1	2	2	Piece
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
Garnish				
Large red chilli	1	1	2	Pieces
Fresh coriander	15	15	15	Grams
Salted peanuts	40	60	80	Grams



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1 Prep

Drain and rinse the **chickpeas**. Peel the **sweet potatoes** and chop them into bite-size pieces. Peel and finely chop the onion. Peel and finely grate the **ginger** (tip: use a spoon to peel the ginger). Peel and mince the garlic.

2 Start curry

Heat a non-stick pan over a medium heat with a drizzle of oil. Once hot, add the **onion** with a pinch of **salt** and frv for 5-7 min until softened. Once softened, add the garlic, red curry paste (spicy!) and ginger and fry for 1 min further. Add the sweet potatoes, measured water, soy sauce, peanut butter, coconut milk, coconut sugar and lime leaves and simmer (don't boil) for 15-18 min, covered, or until the **potatoes** are tender.

3 Boil rice

Meanwhile, rinse the **basmati rice**. Add the rice, a pinch of salt and the measured water to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4 Prep garnishes

Meanwhile, finely slice the red chilli. Finely chop the **coriander leaves**.



5 Finish curry

Once the **sweet potatoes** are tender, add the **chickpeas** to the pan and cook add the juice of the **lime**. Serve in until warmed through.



6 Serve

Remove the **curry** from the heat and bowls with the **rice** and garnish with the peanuts, red chilli (spicy!) and fresh coriander