



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

Tips For Fussy Eaters

Can't handle the heat? Go easy on the red curry paste and chilli!

Pro Tip

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

Ingredients For 2 For 3 For 4

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



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 fry 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 until warmed through.



6 Serve

Remove the **curry** from the heat and add the juice of the **lime**. Serve in bowls with the **rice** and garnish with the **peanuts**, **red chilli (spicy!)** and **fresh coriander**.



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