



B.PRO

Vegan sweet potato curry

Ingredients:

4 sweet potatoes
 200 g cooked chickpeas
 4 tsp red curry paste
 800 ml creamy coconut milk
 1 bunch coriander
 Salt
 4 tbsp olive oil

Accessories:

Induction wok
 Ceran hob
 Griddle

Preparation:

Peel the sweet potatoes and cut into cubes.
 Fry the cooked and drained chickpeas together with the sweet potatoes in hot oil. Add the red curry paste and fry briefly. Deglaze with coconut milk and 250 ml water. Bring to the boil and leave to simmer for approx. 10 mins. Wash the coriander and coarsely chop. Season the curry with salt to taste, if necessary. Garnish with coriander and serve.

Notes:

The curry can also be served with rice if you prefer. For use in front cooking, the sweet potatoes and chickpeas should be pre-cooked.

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: approx. 213

Powered by:



408 g CO₂ per portion

74 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at Eaternity: www.eaternity.org

