

## Sweet potato and bean curry (Afro-Caribbean/Vegan) – Serves 2

### Vegan Friendly and Caribbean Inspired

#### You will need:

- 1tsp Rapeseed oil
- ½ onion
- 1tsp paprika
- ½tsp chilli powder
- 1tsp cumin
- 1tsp coriander
- 2 medium sweet potatoes
- 115g red kidney beans
- 115g black-eyed beans
- 115g chickpeas
- 160g okra finely chopped
- 200g chopped tomatoes
- 100ml light coconut milk

#### How to make it:

1. Heat the oil in a large pan, soften the onion.
2. Add the spices and cook for one minute before adding the sweet potatoes, stock, okra and chopped tomatoes.
3. Bring to the boil, add the coconut milk, cover and simmer for 20 mins.
4. Add the beans and heat through and serve.
5. Garnish with a little chopped coriander.

#### What does this give you?

- 1 portion protein
- 1 portion of starchy food
- 3-4 portions of vegetables
- 1 portion of fats

The detail: per serving: 584kcal, 10.5g fat, 4.2g saturated fat, 88g carbohydrate, 23g sugar, 21g fibre, 22g protein, 0.3g salt

Preparation time: 5-10 minutes

Cooking time: 30 minutes

Approx. cost per serving: £1.40

**Allergens: None.**