



# Sweet potato curry

15'  
Hands on

20'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Method

The word curry originates from the Tamil dialect of India and means sauce. It was generally used for dishes of vegetables and/or meat that were made with a sauce and contained several spices or herbs ground in the mortar. Liquid curry is usually yogurt-, heavy cream- or coconut milk-based.

- Place a **pot** over medium heat and add 2 tablespoons olive oil
- Thinly **slice** the onions, garlic, chili peppers and add them to the pan.
- Mix with a wooden **spoon** and sauté for 2-3 minutes, until they caramelize.
- Peel the sweet potatoes, cut them into large pieces and add them to the pot.
- Chop the sun dried tomatoes into large pieces and add them to the pot.
- Add the turmeric, curry powder, bay leaves, cinnamon sticks and 1 tablespoons of olive oil. Mix with a wooden spoon.
- Add the water and bouillon cube. Simmer for 15-20 minutes, until the potatoes soften.
- Place a **pan** over medium heat. Add 3 tablespoons olive oil and curry powder.
- Mix until the curry powder dissolves. Add the rice and mix until the rice soaks up all of the curry.
- Add the quinoa, thyme, oregano, rosemary, salt and pepper. Mix.
- Add the sweet potatoes, season to taste and remove from heat.
- Add the coconut milk and stir until the sauce thickens.
- Serve with fresh coriander and lime wedges.

## Ingredients

- 1 kilo sweet potatoes
- 3 tablespoon(s) olive oil
- 2 onions
- 2 clove(s) of garlic
- 4 chili peppers, multicolored
- 100 g sun-dried tomatoes
- 1 tablespoon(s) turmeric
- 1 heaping tablespoon(s) curry
- 1/2 teaspoon(s) cumin
- 2 bay leaves
- 2 stick(s) cinnamon
- 1 liter water
- 1 vegetable bouillon cube
- 400 g coconut milk

For the rice

- 3 tablespoon(s) olive oil
- 1 tablespoon(s) curry
- 300 g rice
- 150 g quinoa
- thyme
- oregano
- rosemary
- salt
- pepper

To serve

- 1/2 bunch coriander
- 2 lime(s), cut into wedges

## Διατροφικός πίνακας

Nutrition information per portion

493 Calories (kcal)	19.0 Total Fat (g)	3.1 Saturated Fat (g)	69.0 Total Carbs (g)
25%	27%	16%	27%
12.0 Sugars (g)	8.2 Protein (g)	7.8 Fibre (g)	0.61 Sodium (g)
13%	16%	31%	10%