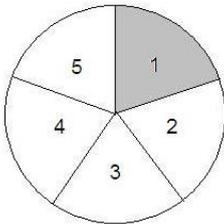


Spinach, Chickpea & Prawn Curry

Serves 6

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.
May contain mustard
and sulphur dioxide

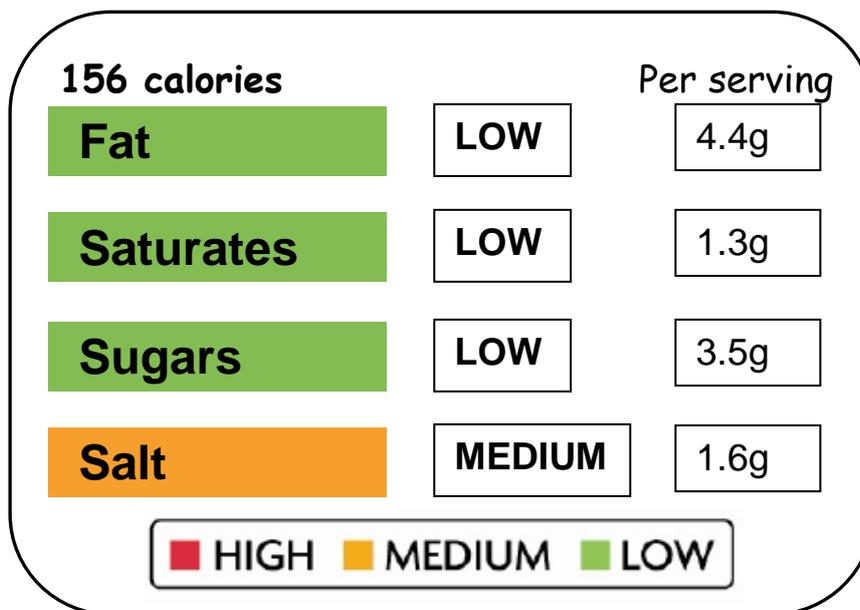
Ingredients	Amount	Preparation
sweet potato	1 large	cut into small cubes
vegetable oil	1 teaspoon	
onion	1 medium	chopped
garlic	1 clove	chopped or crushed
curry paste	2 heaped dessertspoons	
frozen prawns	1 bag (300g/ 10½ oz)	defrost before cooking if instructions say to
chick peas	1 can (400g/ 14oz)	drained
spinach	1 bag of fresh or 4 blocks of frozen or 1 large can (300g/10½ oz)	
creamed coconut (optional)	about 1 inch of block (2cm)	roughly chopped

Please Turn Over



Method

- 1 Place the sweet potato in a pan of boiling water and cook for about 5 minutes (so it is only partly cooked and still firm), drain off the water.
- 2 Heat the oil in a large saucepan and fry the onion and garlic until soft. Add the curry paste (may need a little water) and cook, stirring for 3 minutes.
- 3 Add the partially cooked sweet potato, prawns (defrosted first if required) and chickpeas and mix well.
- 4 Add the coconut, if using. When the coconut has melted add the spinach. Mix well.
- 5 Cover and simmer for 15-20 minutes.
- 6 Serve.



Handy Hints

- Serve with rice and a bowl of salad.
- You could replace the prawns with any kind of meat, chicken or vegetables.
- Most curry paste is preserved in vegetable oil so drain off as much oil as possible before adding it to the curry.
- Spinach is full of vitamins and minerals - a great source of iron, B vitamins, zinc and calcium.

