

#LetsCook30

COCONUT CURRY BOWL

Servings: 4

Ready in about: 50 minutes

1 tbsp	vegetable oil
1 tbsp	cumin seeds
1 medium	onion, finely chopped
1 tsp	ground turmeric
1 tsp	curry powder
1 tsp	ground coriander
1/4 tsp	red pepper flakes or hot sauce (or to taste)
1 large	sweet potato, peeled & cut 1/2 inch pieces
1 - 19 oz can	chickpeas, drained & rinsed or 1 1/2 cups cooked chickpeas
1 - 14 oz can	coconut milk
1 - 5 oz package	baby spinach
	salt and pepper to taste

Nutrition Tip

To reduce the saturated fat in this recipe we used light coconut milk.

OPTIONAL ADDITIONS

cooked rice, quinoa, millet, or sorghum, cilantro, unsweetened shredded coconut, lime wedges

INSTRUCTIONS:

1. In a large saucepan, heat oil over medium heat. Add the cumin seeds and toast for about a minute, until lightly toasted (be careful not to burn them). Stir in onion, season with a pinch of salt, and cook for 3 to 5 minutes, or until onion is soft.
2. Add the garlic, turmeric, curry powder, coriander and red pepper flakes and sauté for two minutes.
3. Add the sweet potato, chickpeas and coconut milk. Stir and cover to simmer over medium heat for 20 to 30 minutes, until the potatoes are fork-tender.
4. Stir in the spinach and cook until wilted. Season with salt and pepper to taste.
5. Serve in a bowl over cooked grains and sprinkle with cilantro and coconut. If desired, offer lime wedges for squeezing over the curry.

TIPS:

- This recipe moves quickly. Have the ingredients prepped and ready to add as soon as they're called for.

Adapted from: *Oh She Glows Every Day*, Angela Liddon. 2016.

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1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30



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