



## Red Thai Sweet Potato Satay Curry



**This dish is truly a hug in a bowl. Creamy peanut butter mixes with aromatic thai curry paste to create a wonderfully rich but light curry with a warm sweetness from the sweet potatoes. The chickpeas add a boost of protein to make sure this dish is nutritionally balanced.**

### Nutritional Info

Calories: 636 kcal  
Carbohydrates: 99.8 g  
Protein: 19 g  
Fat: 15.3g

### Ingredients

- Sweet Potato
- Coconut Milk
- Garlic Clove
- Soy Sauce
- Thai Curry Paste
- Chickpeas
- Red Onion
- Rice
- Ginger
- Spinach
- Peanut Butter

### Your Pantry

- Olive Oil

### Allergens


Peanuts (Peanut Butter)  
Wheat (Soy Sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Prepare the vegetables and boil the kettle

Crush or grate the garlic and approx 1/2-1 teaspoon of ginger per person. Finely chop the red onion. Peel and chop the sweet potato into medium chunks. Drain the chickpeas.

## 2) Sauté the onions

In a large frying pan or wok, sauté the onions on medium heat in ½ tablespoon of oil until soft. Add in the garlic and ginger and continue to cook for 1-2 minutes.

## 3) Make the curry

To the same frying pan, add the Thai red curry paste and peanut butter. Now add the sweet potato chunks and chickpeas. Stir through and continue to cook for another minute. Then pour in the soy sauce and coconut milk and an additional 50mls of water per person. Bring to the boil and then reduce to a simmer for 25 minutes. When the potatoes are cooked through, stir in the spinach and allow to wilt. While the curry is cooking...

## 4) Cook the rice

Rinse the rice under cold water in a sieve until the water runs clear. Place the rice in a saucepan of boiling water with a pinch of salt. Leave to cook for 10-12 minutes, or until cooked to your liking.

## 5) Plate the dish

Serve the curry on top of the rice. If you have any limes at home, a squeeze of the juice would really add an oomf here!



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