



CHICKPEA & PRAWNS CURRY WITH DICED TOMATO AND SWEET POTATO

Little knowhow: FACT: Chickpeas are rich in fibre, protein and slow carbs. They are also rich in several B vitamins, iron, calcium, magnesium, potassium and vitamin E.

 35 minutes

INGREDIENTS

- 100 grams of prawns, king, raw
- 80 grams of sweet potato, raw
- 1/2 small unit of onions, raw [35 g]
- 1/2 clove of garlic, raw [2 g]
- 1/2 clove of garlic, raw [2 g]
- 2cm fresh turmeric [2g dried if you can't find fresh]
- 1,5cm fresh ginger
- 1/2 can [total can contents] of chickpeas [224 g]
- 1/2 can, of diced tomatoes [213 g]
- 125 grams of coconut milk
- 80 grams of rice, white, basmati, raw
- 1/4 cup of coriander [cilantro] leaves, raw [4 g]
- 1 sprig of mint, fresh [1 g]
- 50 grams of spinach, baby, raw
- 1 Knorr unit of stock cubes, vegetable [9 g]
- 1 tablespoon of oil, sunflower [11 g]
- 1 tbsp of vinegar, white wine [15 g]

COOKING METHOD

- 1° Prepare the stock. Boil water with a pinch of salt in a pan with a lid for the rice. Cut the sweet potato into dices of max 1 cm. Chop the onion and press or mince the garlic. Grate the fresh ginger and fresh turmeric. Drain the chickpeas.
- 2° Heat 1/2 tbsp sunflower oil per person in a pan or stock pot with a lid on medium-high heat. Stirfry the garlic, onion, ginger and turmeric for 1 – 2 minutes. Add the diced sweet potato and fry for another 3 – 4 minutes.
- 3° Bake the prawns in a pan and keep warm in the oven on 50°
- 4° Deglaze with 1/2 tbsp white wine vinegar per person, the stock, diced tomato and coconut milk. Bring to a boil, reduce the heat and allow to simmer for 10 – 15 minutes, or until the sweet potato is soft. In the meantime, cook the rice for 10 – 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid.
- 5° Add the chickpeas and prawns to the curry for the last 5 minutes. Also add the spinach bit by bit and allow to shrink while stirring. Season well with salt and pepper.
- 6° Put the rice and chickpea-sweet potato curry to deep plates. Garnish with the fresh mint and coriander.
- 7° Bon appétit!

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	91 kcal	5 %
PROTEIN	5 g	9 %
CARBOHYDRATE	15 g	6 %
SUGARS	1 g	1 %
FAT	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
FIBER	2 g	8 %
SODIUM	270 mg	11 %