

Chicken & sweet potato curry

INGREDIENTS

- 1 tbsp sunflower oil
- 1 onion, chopped
- 450g boneless, skinless chicken thigh, cut into bite-sized pieces
- 165g jar Korma paste
- 2 garlic cloves, crushed
- 500g sweet potato, cut into small chunks
- 400g can chopped tomato
- 100g baby spinach
- basmati rice, to serve

DIRECTIONS

1. Heat the oil in a pan, add the onion and cook over a low heat for about 5 mins until softened. Increase the heat slightly, add the chicken pieces and brown.
2. Stir in the curry paste and garlic, cooking for 2 mins before adding 100ml water, the sweet potatoes and chopped tomatoes. Simmer for 20-30 mins until the chicken is cooked through and the sweet potato is tender – add a splash more water if it starts to look dry. Season to taste and add the spinach, removing the pan from the heat and stirring until the spinach has wilted. Serve with basmati rice.