



Slow Cooker Chick pea & Sweet Potato Curry

Ingredients

Serves: 4 - 6 (0.95p per serving)

- 1 large onion
- 2 cloves garlic
- 3 tsps curry powder
- 1 big teaspoon Garam Masala or Curry powder
- 1 small tablespoon plain flour or corn flour
- ½ teaspoon salt
- 2 large sweet potatoes
- 1 400g tin chickpeas
- 1 400g tin coconut milk
- 50mls water
- 150g peas



Cook on:

- high for 5 hours
- or on low for 8 hours.

What to do

1. Finely chop the onion, crush the garlic and peel and dice the sweet potatoes to 1cm cubes.
2. Drain and rinse the chickpeas, then add to the slow cooker with the onion, garlic, sweet potato and spices.
3. Stir to combine then pour over the coconut milk and water.
4. The vegetables should be coated in the milk and just submerged. Put the lid on and leave to cook.
5. At the end of cooking, add the peas to the slow cooker.
6. Stir to combine and cook for a further 4-5 minutes to heat through, but keeping them bright green and fresh.