

Sweet Potato Curry



INGREDIENTS:

- 2 sweet potatoes
- 1 can of coconut milk
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 tablespoon olive oil
- Salt to taste

INSTRUCTIONS:

- 1 Peel the sweet potatoes and cut them into small cubes. Heat olive oil in a pot over medium heat, then add onion and garlic to the pot and cook until they are soft.
- 2 Add the sweet potato cubes and curry powder to the pot, stirring well.
- 3 Pour in the coconut milk and stir to combine.
- 4 Bring the mixture to a simmer, then reduce the heat and cover.
- 5 Cook for about 15-20 minutes, stirring occasionally, until the sweet potatoes are tender.
- 6 Season with salt to taste.
- 7 Serve sweet potato curry over rice or quinoa.

Taste!
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