

## Butternut and Sweet potato curry *from Nigella Lawson*



### INGREDIENTS

#### **Serves 4-6**

- Red onion – 1 (approx 150g), peeled and cut into chunks
- Red chillies – 2–3 (adjust for more/less spicy), stalks removed and cut into three
- Fresh ginger – 50g, peeled and cut into thick coins
- Garlic – 2 cloves, peeled and halved
- Fresh turmeric – 15g, peeled and roughly chopped or 1tsp of ground turmeric
- Ground coriander – 1tsp
- Ground cinnamon – ½tsp
- Sea salt flakes – 1tsp, or to taste
- Coconut oil or vegetable oil – 2 x 15ml tablespoons
- Coconut milk – 1 x 400ml tin
- Vegetable stock – 350ml
- Tinned chopped tomatoes – 1 x 400g tin
- Sweet potatoes – 500g, peeled and cut into large bite-sized pieces
- Butternut squash – 1 (1-1.25kg), peeled, deseeded and cut into bite-sized pieces

# Feel Good Nutrition

## TO SERVE

Rice

Coriander and limes

## METHOD

- Blitz the prepared onion, chillies, ginger, garlic, turmeric, ground coriander, cinnamon and salt to a paste with a stick blender.
- Heat the coconut or vegetable oil in a wide, heavy-based casserole that has a lid, and then fry the paste for about a minute or so, stirring well. Don't use a wooden spoon unless you don't mind it being stained by the turmeric.
- Open the tin of coconut milk carefully and then scrape off the creamy top into the paste, stirring everything together over the heat for another minute or so before adding the rest of the tin of coconut milk, followed by the stock, tinned tomatoes, then the chunked sweet potato and butternut.
- Give a good stir, bring to the boil and, once bubbling, turn down the heat, and when everything is gently simmering, clamp on the lid and cook for 40–50 minutes (though start checking at 30) until the sweet potatoes are soft and the squash cooked through. Check for seasoning, then leave to stand off the heat for 10 minutes or so before serving.
- Eat with the rice and put chopped coriander and lime wedges on the table alongside, for sprinkling and spritzing respectively