



## Quick sweet potato chicken curry

6 servings  
1 hour 40 minutes

### Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (stock) (or chicken stock)
- 227 grams Chicken Breast

### Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	15g
Vitamin C	4mg
Calcium	52mg
Iron	3mg
Vitamin D	0IU
Folate	113µg
Vitamin B12	0.1µg
Magnesium	54mg
Zinc	1mg

### Directions

- 1 Heat the stock and add the curry powder, cumin and garlic. When it starts to simmer, take off the heat and pour into an oven proof casserole dish with a lid. Add the chicken and all the other ingredients and cook for one hour 20 minutes until the chicken is cooked through (test by cutting in half and checking it is cooked in the middle).
- 2 Once cooked, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken and add it back to the casserole dish. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!
- 4 If using a slow cooker, add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Sweetcorn:** Replace with 2 large carrots, peeled and finely sliced.

**Serving Size:** One serving is approximately 1 1/2 cups of stew.

**More Carbs:** Serve it over brown rice.

**Vegan and Budget-Friendly:** Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

**Turn it Into a Soup:** Double up on the stock.

**More Green Veggies:** Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.