

Mild Pea and Sweet Potato Curry

This is a very tasty main course. Serves 4

Time: 45 Min

Ingredients:

- 2 T. Avocado Oil
- 18 oz. Sweet Potatoes, cut into large dice
- 1 Red Onion, peeled and finely chopped
- 2 cloves Garlic, minced
- 10 ½ oz. Frozen Peas
- 1 Cup Vegetable Stock
- 1 inch piece Ginger, peeled & finely chopped
- 1 tsp. ground Cumin
- 2 T mild (green) Curry Paste
- 1 Can Diced Tomatoes
1 T. Lemon Juice (1/2 Lemon)
- Sea Salt and Black Pepper
- Handful roughly chopped Cilantro



Instructions:

1. Heat oil in large pan. Add the Sweet Potatoes and Onion and sauté 5-10 minutes.
2. Add the Garlic and Ginger and cook one minute.
3. Add the Cumin and Green Curry, stirring constantly, for another minute.
4. Add the Tomatoes and their juice and blend in the Vegetable stock. Season with Salt and Pepper and bring to a boil.
Simmer gently for 20 minutes, stirring regularly and adding vegetable stock, as needed, until the Sweet Potatoes have softened and are cooked through.
5. Stir in the frozen Peas and continue cooking another 3 minutes.
6. Add the Seasoning and Lemon Juice.
7. Add the chopped Cilantro, stir and serve.