

## SWEET POTATO AND PRAWN CURRY WITH BROCCOLI RICE

Quite often at the end of the week I find only few bits and pieces in my fridge. I usually try to use everything up before going for my weekly shopping and below it's a result of one of those days, where there's barely anything left and going out shopping or eating was not an option.



Serves 2 people:

Ingredients:

1 medium sweet potato washed

1/2 of yellow bell pepper (or whole, I had only half)

1 or 1/2 packet of raw frozen or cooked prawns

1 small/medium broccoli, ground in a small food processor.

Small piece of onion

Curry powder or mix of spices (I used 1tsp of each; ground cumin, ground coriander, turmeric, paprika, few dry curry leaves), you can also add okra.

1 red chili or 1/2tsp of chili flakes or chili powder (depending on what you have & how hot you like it)

1-2 cloves of garlic

Piece of fresh ginger or 1/2tsp of ground ginger

250ml of stock

1bsp of fresh coriander or parsley

2tbsp of cold pressed rapeseed oil or rice bran or coconut oil (any oil really with a high burning point)

Salt

Cut sweet potato into small chunks or cubs (skin on), dice the pepper and onion. Heat up the 1.5 tbsp. of oil in a frying pan or a sauce pan. Add onion and sweet potato and fry for a few minutes until potato starts to golden. Then add ginger, garlic and pepper and sauté for further couple of minutes making sure that garlic doesn't burn. Then add all remaining spices and  $\frac{3}{4}$  of the stock, bring everything to boil, reduce the heat and simmer for around 20mins or until potato is soft. Stir occasionally adding remaining stock as needed, potato will absorb most of the liquid and add the creaminess to the sauce. While the sauce is cooking heat up remaining 0.5 tbsp. of oil in another pan and add, processed in a food processor broccoli. Season with salt and sauté for 10mins on low heat until the broccoli is soft but not mushy. Add prawns at the last few minutes of cooking curry. If you use frozen make sure they go pink and curl nicely.

Once the sauce is ready assemble the dish by spreading the broccoli around the plate leaving a little hole in the middle. Put the potato curry sauce inside of that hole and over. Sprinkle with parsley or coriander and serve.

By serving curry with the broccoli pilaf you reduce the load of carbs in a dish. You can also do the pilaf from cauliflower or serve it in the traditional way, with rice or quinoa. Bon Appetite!

