



## Sweet Potato Curry

(makes 4 servings)

*Very quick, very tasty and just as hot or mild as you like your curries. Don't stint on the spinach - it seems like a lot when you add it but it wilts down fast and is bursting with essential vitamins and minerals - a veritable 'super' food!*

### Ingredients

- 1 tablespoon coconut oil
- 1 medium onion, peeled and finely sliced/chopped
- 1 clove garlic, peeled and crushed
- 1 teaspoon sea salt crystals
- 1½ teaspoons curry powder
- ½ teaspoon cayenne pepper
- 2 medium sweet potatoes, peeled and cut into bite-sized chunks
- 1 x 400g can coconut milk
- 1 x 400g can pineapple pieces in fruit juice, drained and lightly crushed
- 4 generous handfuls baby spinach leaves

### Method

Heat the coconut oil in a deep sauté pan, add the onion, garlic and salt, stir briskly over a medium heat for a minute or two then turn the heat down to very low, place a lid on the pan and sauté for around 10 minutes or until the onion is soft and cooked through.

Add the curry powder and cayenne pepper, stir well and sauté for a further 5 minutes before adding the sweet potato, stirring again, turning the heat up to medium and sautéing the whole mixture for a further 5 minutes.

Add the coconut milk and the pineapples, continue cooking until the mixture is lightly bubbling then turn the heat to very low, put the lid on and cook for a further 20-25 minutes or until the sweet potato is cooked through but not too soft.

Add the spinach and stir well into the mix until just wilted and serve immediately.