



Sweet Potato Curry

Ingredients

- 1 ea Carrot
- 2 ea Celery
- 1 ea Yellow Onion
- 1 ea Green Bell Pepper
- 1 ea Red Bell Pepper
- 6 oz Chickpea
- 1 oz Herbs & Spices
- 16 oz Sweet Potato-Coconut milk Broth
- 1 oz Garlic & Ginger
- 10 oz Diced Tomato
- 1 ea Lime
- 1 ½ oz Cashews
- 3 sprigs Cilantro

At Home Ingredients

- Kosher salt and freshly ground pepper
- 1/4 cup canola oil

Kitchen Tools Needed

- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Large heavy bottom pot
- Paper Towels
- 4 small bowls (for vegetables)

Prepare to Cook

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Prepping Vegetables

1. Dice onion into ½” cubes. place into mixing bowl
2. Cut Peppers in half and clean out seeds. remove stem and cut pepper in half lengthwise. Cut each piece of pepper into quarters. Place into a separate mixing bowl.
3. Peel Carrot, cut in half lengthwise and cut in ½” half moons. Place into a separate mixing bowl.
4. Clean celery by removing leaves and cut in ½” pieces. Place into a bell peppers mixing bowl.
5. Clean Sweet potato by running under cold water, dry and peel. Cut the potato in half lengthwise and dice into 1” cubes. Place into a separate mixing bowl.

Step 2. Cooking Vegetables

6. To a large skillet, add the oil and bring the pot to medium-high heat. Add carrot and sauté until the carrot begins to soften, about 4 minutes; stir intermittently.
7. Add peppers and celery to pot and cook for additional 4 minutes; stir intermittently.
8. Add onion, garlic and ginger, herbs and spices and cook for additional 2 minutes or until fragrant; stir frequently to avoid burning of spices.

Step 3. Building Curry

9. Add diced tomato to vegetables. This will deglaze the bottom of the pot and extract more flavor of the vegetables. Cook tomatoes with vegetables for 2 minutes.
10. Add Sweet Potato-Coconut milk. and stir to combine. add diced sweet potatoes to the pot and cover, reduce the heat to medium-low, and allow mixture to gently boil for about 10 minutes, or until sweet potatoes are mostly tender; they don't have to be completely cooked through yet.
11. Add the chickpeas, turn the heat to medium-high, and cook uncovered for about 7 to 10 minutes, or until liquid volume has reduced as much as desired and thickens slightly.

Step 4. Plating

12. Ladle curry into bowls
13. Finish with squeeze of fresh lime juice and crushed cashews
14. Top with torn cilantro leaves and serve.