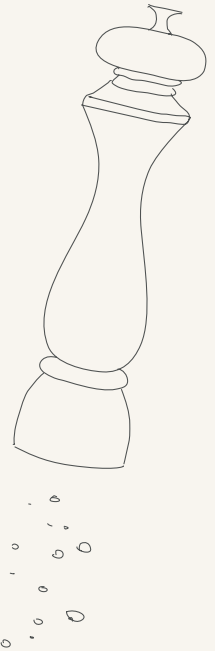




COOKING PASSION SINCE 1877



SWEET POTATOES WITH CURRIED CHICKPEA

Cooking Method: CircoTherm 180°C for 40 Minutes
Prep Time: 25 minutes **Cooking time:** 30 minutes **Serves:** 2



INGREDIENTS

- 2 sweet potatoes
- 230g carton of chickpeas
- 1 tsp medium curry powder
- 2 tsp olive oil
- ½ tsp turmeric
- ½ tsp cumin
- Salt and pepper
- 100g kale

PREPARATION

1. Wash the potatoes and place them on the wire rack above the universal tray line with grease proof paper and place in the oven CircoTherm 180°C for 40 minutes.
2. Meanwhile drain the chick peas and place a saucepan on the induction hob level 5 with 2 tsp olive oil. Add the spices and cook for 15 minutes.
3. Remove the stalks from the kale and slice finely. Heat 2 tbsps of water in a pan and soften for about 10 minutes.
4. Slice the potatoes in half, and fill with the chickpeas and the kale around the sides, top with vegan yogurt if desired.

Note:

If you have a Combination Microwave you could cook the potatoes at 200°C Hot air grilling and 360 Watts for 15-18 minutes.

