

Sweet Potato & Cauliflower Chicken Curry



Prep Time
10 minutes

Cooking Time
40 - 45 minutes

Preference
Meaty

Ingredients

- 250g chicken cubes (or left-over cooked chicken)
- 2 tbsp olive oil
- 1 onion diced
- 250g sweet potato, cubed small
- 100g cauliflower florets
- 1/2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1/2 cup Tuscanni crushed tomatoes
- 1/2 can coconut milk
- Salt and Pepper

Method

1. Heat oil in a pan, add chicken, season with salt and pepper and cook till 90% cooked through. Remove chicken from pan. If using pre cooked chicken, skip this stage.
2. Put the onion, sweet potato and cauliflower into the pan, season with salt and pepper as well as the turmeric, cumin and coriander. Cook till soft.
3. Add the chicken into the pot, and stir in the tomatoes, once heated through, mix in the coconut milk. Serve with hot rice.