



ITAL VEGAN RECIPES

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RED SWEET POTATO CURRY

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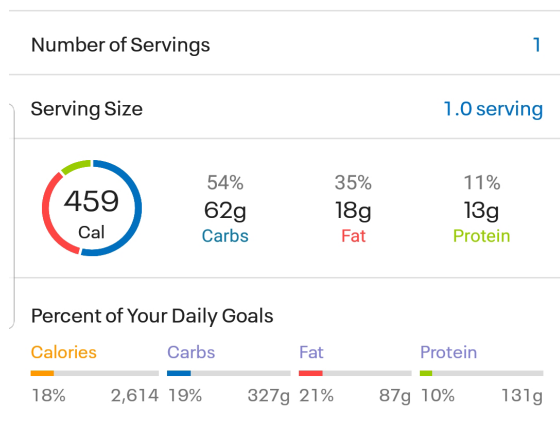
INTRODUCTION

This Red Potato curry ticks all the boxes for a healthy Ital vegan meal. It's also naturally gluten-free. Yet, even if you eat meat, dairy, and gluten, this dish will satisfy.

It's wholesome, just spicy enough, and begs to be served over steamed rice to soak up all the creamy sauce.









A hearty filling meal that won't weigh you down, are swimming in a creamy coconut milk broth that's garnish with the chopped peanuts and coriander.

The other thing to note if you needed one more reason to make this curry, the whole thing comes together in just over 30 minutes.



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



RED SWEET POTATO CURRY



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
459 kcal
18g Fats
62g Carbs
13g Protein



WHAT YOU NEED

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 14oz. (400g) can chopped tomatoes
- 1 cup (240ml) vegetable stock
- ¼ cup (65g) smooth natural peanut butter
- ½ cup (120ml) canned coconut milk, light
- juice of 1 lime
- 3 cups (480g) cooked white rice
- ¼ cup (30g) peanuts, chopped
- handful coriander, chopped

WHAT YOU NEED TO DO

Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.

