

Chickpea, spinach and sweet potatoes



For the tomato base you will need:

1 tin drained chickpeas	2 tbsp olive oil	1 chopped onion
1.5 tsp fine cumin	1 tsp fine coriander	1 tbsp tomato puree
400g tinned Italian tomatoes	100g baby spinach leaves	handful chopped coriander
Salt and pepper		

Heat the olive oil in a large frying pan and add the onion, fine cumin and fine coriander. Sauté until soft and add the tomato puree, tinned tomatoes and sugar. Cook for about 5 minutes, then add salt, pepper and drained chickpeas. Add the spinach leaves, mix through and simmer for another +/- 8 minutes. Put to the side.

For the Sweet potatoes you will need:

500g sweet potatoes	water	50g butter
5 tbsp's honey		

Peel the sweet potato, keep the uncooked sweet potato covered with water to prevent browning. Slice the sweet potato into 4cm high rings and add to a saucepan. Add the butter and drizzle with honey, fry for about 5 minutes. Then cover the sweet potato 2/3's with water and simmer with a lid on until soft, this will take a while, don't stir as you want the sweet potato to keep its shape, I turned the sweet potato once and topped up the water. Once cooked and soft leave in the sauce pan to rest.

Just before serving warm the tomato mixture and sweet potato, first add the tomato mixture to a semi flat open serving dish and top with the sweet potato rounds.... garnish with a handful of fresh coriander leaves.

Recipe card from the kitchen of



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