Sweet Potato and Butternut Squash Curry

Really tasty, very easy to make and could be your first vegan curry :o)

Ingredients

- **1 red onion diced**
- **2 - 3 red chillies chopped**
- **50 grams piece of fresh root ginger chopped**
- **2 cloves garlic chopped**
- **15 grams piece of fresh turmeric chopped, or 1 tsp of ground turmeric**
- **1 teaspoon ground coriander**
- **½ teaspoon ground cinnamon**
- **2 x 15ml tablespoons coconut oil or veg oil**
- **1 x 400 ml tin coconut milk**
- **350 ml vegetable stock**
- **1 x 400 grams tin chopped tomatoes**
- **500 grams sweet potatoes, peeled and cut into bite-sized pieces**
- **1 butternut squash, peeled, seeds removed and cut into bite-sized pieces**

Method

1. Fry the onion, chillies, ginger, garlic, turmeric, ground coriander, cinnamon in the coconut oil for a minute or two, stirring well.
2. Stir in the vegetable stock, then blend smooth with a stick blender, or food processor.
3. Add the coconut milk, tinned tomatoes, sweet potato and butternut squash.
4. Give a good stir, bring to the boil and, once bubbling, turn down to a gentle simmer, clamp on the lid and cook for 40–50 minutes (though start checking at 30) until the sweet potatoes are soft and the squash cooked through. Check for seasoning, then leave to stand off the heat for 10 minutes or so before serving. If too runny, stir briskly and some of the sweet potato will blend into and thicken the sauce.
5. Serve with rice and or nan bread

As with all curries, this tastes even better next day, but you will never know!