

## Sweet potato Thai curry

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### Ingredients for 4 portions

2 medium sweet potatoes, peeled and in cubes  
1 broccoli, cut lengthways and then into quarters  
1 onion, cut into quarters  
1 tbsp yellow thai curry paste  
2 cloves of fresh garlic, finely chopped  
2 cm fresh ginger, in thin slices  
1 red pepper, cut into narrow rings without seeds  
200 ml coconut milk  
400 ml chicken stock  
1 stalk lemongrass, chopped up roughly  
juice of ½ lime  
fresh coriander for garnish  
coconut oil and salt



Thai fragrant rice for 4 people

### Preparation

- Steam or blanch the broccoli al dente and rinse with cold water. Dry the broccoli and lightly char it with a blowtorch or in a very hot pan. Leave to cool and set aside.
- Heat some coconut oil in a large skillet or frying pan and brown the sweet potato in this. Add the onion and fry for 2 to 3 minutes. Add the yellow curry and stir well. Add the garlic, ginger and pepper and stir briefly.
- Then add the coconut milk, stock and lemongrass and gently bring to the boil. Add the broccoli after about 10 minutes to warm it through. Season with a pinch of salt if necessary.
- Just before serving sprinkle the juice of half a lime over the plates, then scatter the fresh coriander over the dish and serve immediately with Thai fragrant rice!#

**Preparation time: 15 minutes**

**Nutritional value for one portion:**

160 kcal/670 kJ, 5 g protein, 3 g fat, 26 g carbs