Kumara & coconut curry

Serves: 6

Recipe Source: Sunday Times Body & soul section.

**Equipment:**

- Heavy based pot
- Peelers
- Measuring cups
- Measuring spoons
- Wooden spoon
- Measuring jug

**Ingredients:**

- 2 Tbl sp oil
- 3 tsp. curry powder
- 2 tsp. cumin
- 1x 410g can coconut milk
- 750g kumara
- 1 cup cooked chickpeas
- 200g swiss chard
- 200g broad beans
- 1 Tbl sp lemon juice
- 1 cup stock
- 1 large onion
- 3 cloves garlic

What to do:

1. Peel and dice the onion and garlic finely and set aside.
2. Peel and large dice the kumara and set aside.
3. Heat the oil in the pan and cook the onion and garlic until fragrant.
4. Add the curry powder and cumin and cook for another minute.
5. Stir in the coconut milk and stock and bring to the boil.
6. Add the kumara and chickpeas, stir through, then reduce the heat to a low simmer and put on the lid.
7. Remove the stem from the swiss chard and cut thinly and set aside.
8. Remove the broad beans from the pods and add to the pot.
9. Stir the kumara so that it cooks evenly.
10. When the kumara has softened add the chard to the pot and stir through, put on the lid and cook for a few minutes so that the chard is cooked.
11. Transfer to a bowl and serve.