**Sweet Potato and Choko Curry**

Serves 3-4

|  |  |
| --- | --- |
| **Ingredients:**  1 lge Sweet Potato, *peeled and chopped in medium sized chunks, cooked in microwave until soft*  1lge Choko, *peeled, seed removed, chopped into cubes*  3 medium sized Tomatoes, *skin removed, finely chopped*  1 large Onion, *finely diced*  4 cloves of [Garlic](http://en.wikipedia.org/wiki/Garlic), *finely diced*  1 teaspoon of ground Ginger | 1/2 teaspoon of [Mustard Seeds](http://en.wikipedia.org/wiki/Mustard_seed)  10-12 [Curry leaves](http://en.wikipedia.org/wiki/Curry_Tree)  1 teaspoon of smokey Paprika  1 tablespoon of [Coriander](http://en.wikipedia.org/wiki/Coriander) powder  1 teaspoon of Cumin powder  1/2 teaspoon of [Turmeric powder](http://en.wikipedia.org/wiki/Turmeric)  1 teaspoon of ground [Black Pepper](http://en.wikipedia.org/wiki/Black_pepper)  Salt to taste  1 1/2 tablespoons Ghee or Coconut oil (or both)  chopped fresh [Coriander leaves](http://en.wikipedia.org/wiki/Coriander) for garnish  steamed Basmati rice to serve |

**Method:**– Heat oil in a pan, add the mustard seeds and cook until they start to pop.

– Add curry leaves and stir fry for a minute while the flavours infuse into the oil.

– Add the onions and sauté until they turn translucent, add the garlic, ginger and cook until onions are light golden brown.

– Add all the spices and stir to combine, allow the spices to heat through, but not to burn.

– Add the Choko, cook stirring frequently for about 5-10 minutes, if the mix is very dry add a little water.

– Add the tomatoes and stir fry until the oil starts to separate and the tomatoes have collapsed into deliciousness

– Add the Sweet Potato and combine. Keep covered with a lid on low heat, simmer for 5 mins.

– Check the Choko has softened, if it is still firm replace the lid and check again in 5 mins. Don’t let it stick and burn.

– Remove lid, allow to simmer, stirring occasionally, until the curry has reached your desired consistency.

– Serve onto plate or bowls over the top of fluffy steamed basmati rice, garnish with fresh coriander.

Don’t be afraid to substitute. Pumpkin & Zucchini would have a similar flavour and would be delicious!

NB:

I used olive oil instead of the ghee

I used sweet paprika instead of smokey

All Good!