

**FULL  
TIME**

GET COOKING WITH  
MARCUS AND TOM

This week, let's fill up on...

# CAULIFLOWER AND SWEET POTATO CURRY



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# CAULIFLOWER AND SWEET POTATO CURRY



## INGREDIENTS

- 1 onion
- 2 tbsp vegetable oil
- 1 large sweet potato
- ½ cauliflower, plus the outer leaves
- 1 tin of chickpeas
- 2 tbsp curry powder
- 1 vegetable stock cube
- 1 can of chopped tomatoes
- 2 mugs of boiling water
- 3 blocks of frozen spinach



**Making a curry doesn't need to be complicated - you only need a few ingredients to pack a punch!**

## METHOD

### 01

Peel and roughly chop the onion. Heat the vegetable oil in a large deep pan over a medium-high heat and, once hot, add the onion. Fry for 8-10 minutes, stirring frequently, until softened and starting to brown.

### 04

Slice up the outer leaves of the cauliflower and add these to the pan along with the spinach. Give it a stir and cook for another 3 minutes with the lid on.

### 02

Next, peel and chop the sweet potato into bite-sized chunks and cut the cauliflower into florets (saving the leaves for later). Drain the chickpeas, then add these to the pan along with the chopped veg, curry powder, stock cube, chopped tomatoes and 2 mugs of boiling water. Stir it all together.

### 05

Finish with a bit of pepper if needed, and serve straightaway!

### 03

Reduce the heat so that the curry is bubbling very gently at a simmer and cook for 20-25 minutes until the sweet potato is tender.



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