

Sweet Potato Chickpea Curry

6 servings

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| 1 cup | brown basmati rice |
| 2 cups | water |
| ¼ cup | olive oil |
| 1 large | onion, chopped |
| 3 cloves | garlic, crushed |
| 2 inch piece | ginger root, peeled and grated |
| ½ tsp | dried chilli flakes |
| 2 tsp | paprika |
| 2tsp | ground cumin or turmeric |
| 1 stick | cinnamon, cut in 1/2 |
| 1 medium | sweet potato or potato, peeled and diced |
| 1 | red pepper, sliced thinly |
| 1 (14oz can) | chickpeas, drained and rinsed |
| 1 ½ cup | vegetable stock |
| 1/3 cup | raisins |
| | salt (optional) and pepper |
| | cilantro leaves, to garnish |

1. Put rice and water in a pot. Bring to a boil and then cover tightly with a well-fitting lid and simmer at a very low heat for 40 minutes (try not to lift the lid). Fluff with a fork when done.
2. Heat oil in a large saucepan or frying pan. Add the onion, garlic, ginger and spices and sauté, stirring gently, for about 5 minutes or until golden.
3. Add the sweet potato, red pepper, chickpeas, stock, and raisins. Season to taste with salt and pepper, and bring to a boil.
4. Reduce heat, cover and simmer for 20 minutes or until the potatoes are tender.
5. To serve: top the rice with the chickpea curry, and top with chopped cilantro leaves.