

Sweet Potato Curry

Ingredients

- 1 packet Maggi Butter Chicken
- 400 g Sweet Potato
- 200 g Baby Spinach
- 160 g Red pepper
- 140 g Carrots
- 1 large Onion
- 260 g Uncooked Rice
- 100 g Spring Onions
- 100 ml Semi Skimmed Milk
- 400 g Chickpeas

Instructions

1. Preheat oven to 180°C (160°C for fan oven), Gas Mark 4. Remove and unfold the cooking bag from top of the sachet, keep the red tie for later use. Add the diced sweet potato, diced red pepper, sliced carrot, diced onion and rinsed chickpeas with 100ml water to the bag. Add the seasoning from sachet into the bag. Reserve the spinach and milk to stir through the curry once the curry is cooked.
2. Close the bag at the end using the red tie. Mix together by gently massaging the seasoning into the ingredients. Place the bag on its side into a large ovenproof dish, spreading out the ingredients. Do not pierce the bag. Place dish on the bottom shelf of the oven. The bag expands so ensure there is enough space between racks.
3. Cook for 40-45 minutes. Remove from the oven, leave to stand for 2-3 minutes before opening - the steam will be very hot. Ensure that the dish is fully cooked through and piping hot.
4. 20 minutes before the curry is ready, steam or boil the rice according to the pack instructions. Meanwhile slice the spring onion.
5. Serve the steamed rice with sliced spring onion with the Maggi Sweet Potato Curry.

Nutrition

Carbohydrate	104.91 g
Energy	554.1 kcal
Fat	6.32 g
Fibre	16.3 g
Protein	17.64 g
of which: saturates	1.94 g
Sodium	168.62 mg
of which: sugars	168.62 mg

50 Minutes

4 Serves