

Indian Spiced Vegetable Curry

Curries by nature are very warming as they contain lots of spices that get your body feeling the heat. Kieran is half Indian and makes an amazing curry, so I always take inspiration from him when putting spices together. I use sweet potatoes in this dish because they're at their best in the winter, they give us energy and they're filling!

Serves 2-3

1 tbsp coconut oil
or butter
2 white onions, chopped
1 dried red chilli, chopped
2 cardamom pods
1 tsp ground cinnamon
2 garlic cloves, crushed
2 parsnips, chopped
into chunks
salt, to taste and freshly
ground black pepper
2 sweet potatoes, chopped
into chunks
400ml can coconut milk
3 tbsp ground almonds
100g frozen peas
1 tbsp lemon juice
1 tbsp finely chopped
fresh coriander

For the yogurt dressing

1 tbsp freshly grated ginger
1 garlic clove, crushed
150g Greek yogurt
½ tsp turmeric
big pinch of salt
pinch of freshly ground
black pepper

Heat the oil in a large pan and add the onions. Sauté for 5 minutes, then add the chilli, cardamom pods, cinnamon and garlic. Stir for 30 seconds to release the spice flavours, then add the sweet potatoes and parsnips and a big pinch of salt. Stir again for 30 seconds to coat the potatoes. Pour in the coconut milk and add the ground almonds, then lower the heat and simmer for 30 minutes.

Meanwhile, whisk the yogurt dressing ingredients together.

Just before you're ready to serve, throw the frozen peas into the curry and stir. Add the lemon juice and chopped coriander and season with a little more salt and a pinch of pepper to taste. Serve warm with a dollop of the yogurt dressing on top.

Any leftover yogurt dressing can be stored in an airtight container in the fridge for 3 days.