

## Chickpea &amp; Sweet Potato Curry



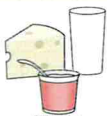
## Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Sweet Potato	40 g	400 g	2 kg	4 kg	8 kg
Chick Peas	40 g	400 g	2 kg	4 kg	8 kg
Chopped Tomatoes	104 g	1.04 kg	5.2 kg	10.4 kg	20.8 kg
Natural Yogurt	10 g	100 g	500 g	1 kg	2 kg
Onions	40 g	400 g	2 kg	4 kg	8 kg
Garlic Puree	0 g	2 g	10 g	20 g	40 g
Tomato Paste	16 g	160 g	800 g	1.6 kg	3.2 kg
Curry Paste	1 g	10 g	50 g	100 g	200 g

## Method

Peel and chop the sweet potato and roast until soft.  
Sweat the diced onions with the garlic and spices, stir in the tomato puree and cook out.  
Add the tinned tomatoes and cook until thickens.  
Just before serving, fold in the chick peas, yoghurt and the sweet potato and bring to 75c.  
Serve with rice.

## Assembled Tags



Contains Milk

SO<sub>2</sub>Contains Sulphur  
Dioxide &  
Sulphites >  
10mg/Kg