

Kumara, tomato, zucchini & chickpea



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Preparation 20 mins | Cooking 45 mins | Serves 4

1 brown onion, chopped
2 garlic cloves, peeled
4 vine-ripened tomatoes, chopped
2 tbs vegetable oil
¼ cup Korma curry paste
400g can chickpeas, drained and rinsed
400g kumara (orange sweet potato), peeled and cut into 4-5cm pieces
1 cup vegetable stock
2 zucchini, cut into 2cm pieces
150g green beans, cut into 5cm lengths
steamed basmati rice and naan bread, to serve

STEP 1 Place onion, garlic and tomatoes in the bowl of a food processor. Process until tomatoes are evenly chopped.

STEP 2 Heat oil in a large saucepan over medium-high heat until hot. Add curry paste and cook, stirring often, for 1 minute or until aromatic. Add chickpeas and cook, stirring constantly, for 1 minute. Stir in tomato mixture and cook, stirring often, for 5 minutes until hot.

STEP 3 Add kumara and stock to pan. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, stirring occasionally, 20 minutes. Add zucchini and beans and simmer for 15-20 minutes or until just tender. Serve curry with steamed basmati rice and naan bread.

Good for you... KUMARA

One of the few vegetables that provides a source of carbohydrate. This has a low glycaemic index (GI), which means that the carbohydrate is digested slowly to provide long-lasting energy. Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.

