

Sweet Potato Coconut Curry

This vibrant sweet potato coconut curry is a delightful blend of flavors, combining the natural sweetness of sweet potatoes with creamy coconut milk and fragrant spices. Perfect for a comforting meal that's both nutritious and satisfying.


30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 medium sweet potato, peeled and cubed
- 1/2 cup canned coconut milk
- 1/2 cup vegetable broth
- 1/2 onion, diced
- 1 garlic clove, minced
- 1 tsp curry powder
- 1/2 tsp turmeric
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 In a medium pot, heat a splash of oil over medium heat. Add the diced onion and sauté until translucent, about 3-4 minutes.
- 2 Stir in the minced garlic, curry powder, and turmeric; cook for another minute until fragrant.
- 3 Add the cubed sweet potato, coconut milk, and vegetable broth. Bring to a simmer.
- 4 Cover and cook for about 15-20 minutes, or until the sweet potatoes are tender.
- 5 Season with salt and pepper to taste. Garnish with fresh cilantro before serving.