

Mince, Spinach & Sweet Potato Curry

Ingredients

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- 1 tsp oil
- 400g plant based mince (you can sub for 5% beef mince)
- 400g sweet potato, cubed
 - 1 onion, diced
 - 150g spinach
- 1 tbsp curry powder
- 400g tinned tomato
- 400ml veggie stock
- Handful of coriander

Method

1. In a large pan, boil your sweet potato until soft.
2. Drain and pop to the side once your sweet potato is soft.
3. In another pan, heat your oil and add the curry powder.
4. Stir for a few minutes before adding your mince, then fry for 5 minutes.
5. Add your tinned tomatoes and gradually add in your stock.
6. Add your cooked sweet potato and stir. Reduce the heat and simmer for a further 10 minutes. In the last couple of minutes add your spinach until it reduces in size. Give a good stir.
7. Add fresh coriander and serve with rice or wraps (please note this will change the nutritional value).

The Finer Details

Per Portion

435 calories
45g carbs
30g protein
15g fat
