Chickpea curry jacket potatoes

Cook time: **45 minutes**

Serves: **4**

Vegetarian suitable. Vegan suital

Calories (Kcal): **276**

Fat: **9g**

Saturates: **3g**

Carbohydrates: **32g**

Sugars: **12g**

Fibre: **11g**

Protein: **12g**

Salt: **0.3g**

Ingredients:

- 4 sweet potatoes
- 1 tbsp coconut oil
- 1 ½ tsp cumin seeds
- 1 large onion, diced
- 2 garlic cloves, crushed
- thumb-sized piece ginger, finely grated
- 1 green chilli, finely chopped
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp turmeric
- 2 tbsp tikka masala paste
- 2 x 400g can chopped tomatoes
- 2 x 400g can chickpeas, drained
- lemon wedges and coriander leaves, to serve

Step 1: pre-Heat oven to 200C/180C fan/gas 6.

Step 2: Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.

Step 3: Meanwhile, melt the coconut oil in a large saucepan over medium heat.

Step 4: Add the cumin seeds and fry for 1 min, then add the onion and fry for 7-10 mins until softened.

Step 5: Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins.

Step 6: Add the spices and tikka masala paste and cook for a further 2 mins, then tip in the tomatoes.

Step 7: Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

Step 8: Put the roasted sweet potatoes on four plates and cut open lengthways.

Step 9: Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.