Vegan Sweet Potato & Coconut Curry

Everest

This vibrant vegan curry blends creamy coconut milk with nutrient-rich sweet potatoes, chickpeas, and warming spices. It's hearty, naturally gluten-free, and packed with flavor. Perfect served over rice or quinoa for a wholesome, satisfying meal.

PREP TIME	COOK TIME	TOTAL TIME
10 mins	25 mins	35 mins

	SERVINGS	CALORIES
	4 people	370 kcal

INGREDIENTS

- 1 tbsp coconut oil
- 1 small yellow onion diced
- 2 cloves garlic minced
- 1 tbsp ginger freshly grated
- 1 tbsp red curry pasta (ensure vegan)
- 2 medium sweet potatoes peeled and cubed
- 1 can - 15oz chickpeas drained and rinsed
- 1 can - 14oz coconut milk full fat
- 1 1/2 cups vegetable broth
- 1 tsp turmeric ground
- 1/2 tsp cumin ground
- 1 tbsp soy sauce or tamari
- 1/2 lime lime juice
- 1 small cilantro garnish (optional)
- 1 pinch chili flakes (for added heat)

INSTRUCTIONS

1. **Sauté the aromatics:**Heat coconut oil in a large pot over medium heat. Add onion and sauté for 4–5 minutes until translucent. Stir in garlic and ginger; cook for 1 minute more.

2. **Add curry base:**Mix in the red curry paste, turmeric, and cumin. Cook for 1–2 minutes until fragrant.

3. **Add veggies and simmer:**Add cubed sweet potatoes, chickpeas, coconut milk, vegetable broth, and soy sauce. Stir well. Bring to a gentle boil, then reduce heat to low. Cover and simmer for 20–25 minutes, or until sweet potatoes are fork-tender.

4. **Final touches:**Stir in lime juice. Taste and adjust salt, spices, or lime as needed. Add chili flakes if you want some kick!

5. **Serve and enjoy:**Ladle over warm rice or quinoa and garnish with fresh cilantro. Serve warm.

NOTES

- **Calories:** 370

- **Protein:** 10g

- **Carbohydrates:** 48g

- **Fiber:** 10g

- **Fat:** 15g

- **Saturated Fat:** 9g

- **Sodium:** 410mg