

Jerk sweet Potato and Black Bean Curry



Ingredients

- 1 onion
- 1 tbsp sunflower oil
- 40g ginger
- coriander , leaves and stalks separated
- 1 tsp jerk paste
- 1 thyme sprigs
- 400g can chopped tomatoes
- 2 tsp demerara sugar
- 1 vegetable stock cube, crumbled
- 1 Sweet potato
- 1 400g can black beans
- 1 red pepper

1. Chop and gently soften the onion in the oil in a big pan.
 2. Meanwhile mix together the finely chopped ginger, coriander and jerk paste and add to the softened onion, fry until fragrant.
 4. Stir in the thyme, chopped tomatoes, sugar and stock cubes with 200ml water and bring to a simmer. Simmer for 10 mins.
 5. Peel and chop sweet potatoes, add to the pan and simmer for 10 mins more.
 6. Rinse and drain the beans before adding to pan
 7. Now cut peppers in to slices add to pan and simmer for another 5 mins until the potatoes are almost tender.
 8. Chop fresh coriander and add two mins before removing from heat.
- Reheat thoroughly before serving.
- Add Coriander leaves and stir in.

