



Boys & Girls Clubs  
of Hamilton



## Consuela's Cooking Corner

# Sweet Potato and Spinach Curry

### Ingredients:

- 1 tbsp olive oil
- 1 onion, peeled and diced
- 2 cloves of garlic, peeled and finely sliced
- 2 large sweet potatoes, peeled and chopped
- 1/2 stick cinnamon
- 2 tsp coriander seeds
- 1 tsp curry powder
- 2 cups spinach
- 14 oz can coconut milk



### Directions:

- Heat the oil in a saucepan, add the onion and garlic and sauté
- Add the sweet potato, cinnamon, curry powder and water and let simmer for 10 mins
- Add the spinach and coconut milk to the curry and simmer for another 5 -10 mins.
- Remove from the heat.

\*You can serve over rice or with pita\*

Enjoy

