



Jackfruit Curry

Serves 4

1 tbsp. coconut oil
1 cup (225g) Jasmine rice,
uncooked
1 yellow onion, chopped
4 tbsp. red Thai curry paste
1 sweet potato, peeled &
chopped into bite-size chunks
1 cup (165g) chickpeas,
drained & rinsed
1½ cups (350ml) coconut milk,
canned
1 cup (175g) canned jackfruit,
chopped
handful coriander, chopped
1 lime, to garnish

What you need to do

Cook rice according to instructions on the packaging.

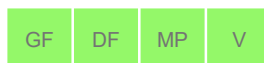
Heat oil in a large skillet over medium-high heat. Add the onion in, frequently stirring for about 5-6 minutes until fragrant. Add the curry paste, stir and cook for another minute.

Add in the sweet potato, chickpeas and coconut milk to the skillet and stir to combine.

Allow the sauce to heat up until simmering. Let it continue to simmer for about 10-15 minutes, or until sweet potatoes are tender enough to be easily pierced with a fork. If the mixture gets too thick (or dry), you can add water to the pan, ¼ cup (60ml) at a time, up to ½ cup (120ml).

Lastly, add the jackfruit and cook for another 2-3 minutes until heated through. Taste and season with salt and pepper, if needed.

Serve curry over rice with coriander and a squeeze of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	549	20	83	10

*Nutrition per serve

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