



SHEFFIELD'S
SWEET ENOUGH

SWEET POTATOES
STUFFED WITH
SPICY CHICKPEAS

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Sweet potatoes stuffed with spicy chickpeas

 Vegetarian  Low saturated fat

You can use any spices from your storecupboard for this tasty veggie dinner.

 Feeds 2  Ready in 1 hour 5 minutes


Each serving contains

Energy	Fat	Saturates	Sugar	Salt
17%	Med 14%	Low 7%	Low 11%	Low 6%
1404kj 334kcal	10g	1.4g	10.2g	0.36g


% of adult's reference intake | Carbohydrates per serving: 44g

**SHEFFIELD'S
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Ingredients

- 2 sweet potatoes
- 1 tbsp Co-op olive oil
- 1 onion, finely chopped
- 400g can Co-op chick peas, drained and rinsed
- 1½ tbsp curry powder
- 100g Co-op 0% fat Greek style natural yogurt 
- 2 tbsp roughly chopped coriander (optional)

Method

1. Heat the oven to 200°C/fan 180°C/Gas 6
2. Put the sweet potatoes on a foil-lined baking tray and bake for 50 mins to 1 hour, until tender
3. About 15 mins before the potatoes are ready, heat the oil in a frying pan and cook the onion over a  medium heat for 4-5 mins, until softened
4. Stir in the chick peas, along with a splash of water, cover and cook for 5 mins
5. Add the curry powder and cook for another minute, then take off the heat
6. Stir in the yogurt and season
7. Cut the sweet potatoes in half and top with the chick pea mixture
8. Scatter with the chopped coriander to finish, if you like

