



# Chicken and Sweet Potato Curry

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 1 HR AND 10 MIN

*This is a firm favourite for my family, friends and clients. The right balance between healthy nutrients, delicious flavours and without having to slave away in the kitchen for hours. It's perfect for a Friday night "fake-away", with all of the flavours but none of the nasties, and freezes perfectly making a great batch-cook option ready to grab out when you need good food fast!*

## Ingredients

1 tbsp coconut oil

1 large onion, diced

1 clove garlic, finely diced

1 tbsp approx. grated fresh ginger

1-2 tsp grated fresh turmeric

2 tbsp korma powder

Approx. 600g chicken – breast and thigh meat are both good, just as long as there are no bones, diced into large chunks

2 sweet potatoes, diced into large chunks

2 red peppers, diced (optional – this makes it less traditional but tastes great and adds another veg to the mix!)

300-500 mls chicken stock

400 ml tin of coconut milk

50 ground almonds (optional, use a little corn flour to thicken if needs be if you're nut free)

Small handful chopped fresh coriander to serve

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## Directions

1. Preheat the oven to 150C (fan). Heat the coconut oil in a large casserole pan, and fry the onion for 1-2 minutes on a low heat without burning it. Then add the garlic, grated ginger, turmeric and korma powder, and cook for a further 1-2 minutes to release all the flavours, stirring well so that it doesn't stick.
2. Increase the heat to medium and add the chicken. Cook for 2-3 minutes, stirring and turning the chicken pieces until they are all white and the meat is sealed.
3. Add the sweet potato chunks and red peppers if using, chicken stock and coconut milk, cover and bring to the boil.
4. Transfer to the oven and allow to cook slowly for at least 1 hour, checking and stirring occasionally to ensure there is sufficient liquid (top up with stock or water if the sauce is getting too thick. I often leave for two hours to make sure it's extra tender and melts in the mouth, but it will need more liquid for this.
5. Remove from the oven when the sauce is fairly thick and the chicken is well cooked and falling apart. Stir in the ground almonds if using, or thicken with a little corn flour if not, and serve.