

CHICKPEA AND SWEET POTATO TIKKA MASALA



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SERVES: 4

INGREDIENTS

1 can Compal chickpeas (400g) • 1 jar Sharwood's Tikka Masala sauce •
1 pack Honeytop naan bread (2) • 400g sweet potato • 200g cauliflower • 1 red chilli •
1 scallion • 1 sprig coriander • 100ml olive oil • Salt to taste

METHOD

Wash the sweet potatoes and bake in a medium oven for 20-30 min. depending on their size • Cut the cauliflower into small florets separating from the core • Chop the scallion, chilli and coriander roughly • Sauté the scallion and chilli in olive oil and add the cauliflower • Clean the skin off the sweet potatoes and cut into thick slices when small or into cubes when large, adding them to the sautéed vegetables • Add the chickpeas and their water • Bring to the boil and check the salt • Add the Tikka sauce and leave to cook for a few minutes • Sprinkle with the chopped coriander when you serve • Accompany with traditional Indian naan bread, sprinkled with water and baked for a few minutes