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# Sweet Potato and Spinach Curry

*A vibrant, blood sugar-friendly curry featuring fiber-rich sweet potatoes and nutrient-dense spinach in a fragrant tomato-based sauce.*

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 4

**GL 24.0 / GI 47**

## Ingredients

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hot low salt vegetable stock, suitable for vegans

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sweet potatoes, cut into bite-size chunks

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onion, finely chopped

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baby spinach

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garlic cloves, thinly sliced

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red chilli, deseeded and thinly sliced, plus extra slices to serve

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medium or hot curry powder

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passata

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## Instructions

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### Step 1

Prepare your ingredients by cutting the sweet potatoes into uniform bite-sized chunks, finely chopping the onion, thinly slicing the garlic cloves, and deseeding and slicing the red chilli. Set aside extra chilli slices for garnish.

## Step 2

Pour the hot vegetable stock into a large saucepan or deep skillet. Add the sweet potato chunks and chopped onion to the stock.

## Step 3

Bring the mixture to a rolling boil over high heat, then reduce the heat to medium-low. Cover the pan with a lid and let it simmer gently for 4-5 minutes until the sweet potatoes just begin to soften.

## Step 4

Add the baby spinach, sliced garlic, sliced red chilli, and curry powder to the pan. Stir everything together to combine the aromatics with the vegetables.

## Step 5

Pour in the passata and stir well to create a rich, tomatoey sauce that coats all the vegetables evenly.

## Step 6

Cook uncovered over medium heat for 10 minutes, stirring occasionally, until the sweet potatoes are completely tender when pierced with a fork and the sauce has thickened slightly.

## Step 7

Taste and adjust seasoning as needed. For best blood sugar control, serve immediately with cauliflower rice or alongside a protein source like grilled chicken or tofu.

## Step 8

Garnish with the reserved red chilli slices and serve hot. Consider eating the spinach and sauce first, then the sweet potatoes, to minimize glycemic impact.