GARLICKY WHITE BEANS WHITH KALE AND PARMESAN

**Ingredients**

Serves 2

1 tablespoon olive oil
2 red onions, thinly sliced
2 large cloves of garlic, finely chopped
1 teaspoon freshly grated ginger
2 green chillies, thinly sliced
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon black mustard seeds
1 heaped teaspoon turmeric
800 g (1¾ lb) sweet potato, diced with skins left on
375 ml (13 fl oz) vegetable stock
150 g (5 oz) spinach, coarsely chopped
Large handful of fresh coriander leaves, coarsely torn
1 tablespoon toasted flaked almonds

**METHOD**

* Heat the oil in a large saucepan and cook the onion, garlic, ginger, and chilli.
* When the onion has softened, add all the spices and heat until they are becoming fragrant.
* Add the sweet potato and stock and simmer for about 15–20 minutes until the sweet
* potato is soft.
* At this point add the spinach.
* Once the spinach has wilted, the curry is ready to serve with coriander leaves, topped with
* flaked almonds.