Mild yellow curry with chicken meatballs and sweet potato

A delicious meal for the whole family, created by IKEA in collaboration with Warren Mendes

Contains chicken

Contains fish

Serves 4

30 mins

Ingredients

Main recipe
2 tbs vegetable oil
500 g chicken meatballs, thawed
½ cup (125 ml) curry paste (from the recipe below)
1 bunch coriander, stalks chopped and leaves picked
1 large (about 600 g) sweet potato, peeled and cut into 2 cm cubes
1 can chickpeas, rinsed and drained
400 ml can coconut cream
400 ml water (measured in can)
2 tbs caster or brown sugar
Pinch of salt, to taste
1 lime or lemon, juiced
Jasmine rice, crispy onions and chopped chilli to serve

Curry paste (enough for 2 curries; makes 250 ml)
2 tbs vegetable oil
3 shallots or 1 red onion
6 garlic cloves
4-5 cm piece ginger, peeled
1 tbs ground turmeric
1 tbs tomato paste
2 tbs mild curry powder (like Korma)
2 tbs fish sauce
Roots from coriander (if using)

Step-by-step

1. Place all of the curry paste ingredients in the bowl of a blender, and whiz until smooth. Alternatively, you can place them in a jug and use a stick blender to blitz the mixture together. Set aside half of the mix for the curry below, and freeze the rest.

2. Heat the oil in a large deep frypan over medium-high heat. Add the meatballs and cook for 3-4 minutes, turning, until starting to brown all over.

3. Add the curry paste and stalks from the coriander (if using) and cook for 3-4 minutes until fragrant. You want to cook the paste out so it is no longer raw, but make sure you stir often to avoid any bits burning.

4. Add the sweet potato, chickpeas and coconut cream. Then use the empty can to measure out the water (fill the can and empty into the pan). Stir, season with the sugar and a pinch of salt, then simmer partially covered for 15 minutes, or until the sweet potato is tender.

5. Add the lime juice, taste and season (with fish sauce or salt) to taste. Add a little water if needed. Chop the coriander leaves (if using) and mix with crispy onions and chilli on the side as an optional garnish. Serve the curry with rice.

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