**Sweet potato and chickpea curry**

Ingredients

3 spring onion

1 small yellow onion

Ginger and Garlic paste

Coconut Oil

Thyme

1 Scotch bonnet pepper

1 can coconut milk

Vegetable stock

1 can chickpeas

1 large, sweet potato

Jerk seasoning

Black pepper

Turmeric

1 lime

Method

1. Heat coconut oil in a pot or heavy bottomed saucepan over a medium heat and add onion and spring onion. Sautee until translucent, about 3 minutes.
2. Add thyme, garlic, ginger, and scotch bonnet (optional). Sauté until fragrant, about one minute. Finally add turmeric and black pepper. Sauté for 30 seconds.
3. Add coconut milk, vegetable stock, and cubed sweet potatoes. Simmer on medium low heat until the sweet potatoes are almost tender. About 15-20 minutes.
4. Add in the Jerk seasoning and chickpeas. Simmer until the sweet potatoes are completely cooked and the sauce thickens to your desired consistency.(Sauce should easily coat the back of a spoon)
5. Add salt to taste and top with garnish of choice.