



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...



**HARRIS FARM**  
**IMPERFECT PICKS**

# SWEET POTATO TIKKA MASALA WITH BUTTER BEANS AND BASMATI RICE



PREP  
**15 min**



COOK  
**35 min**



SERVES  
**4**

## INGREDIENTS:

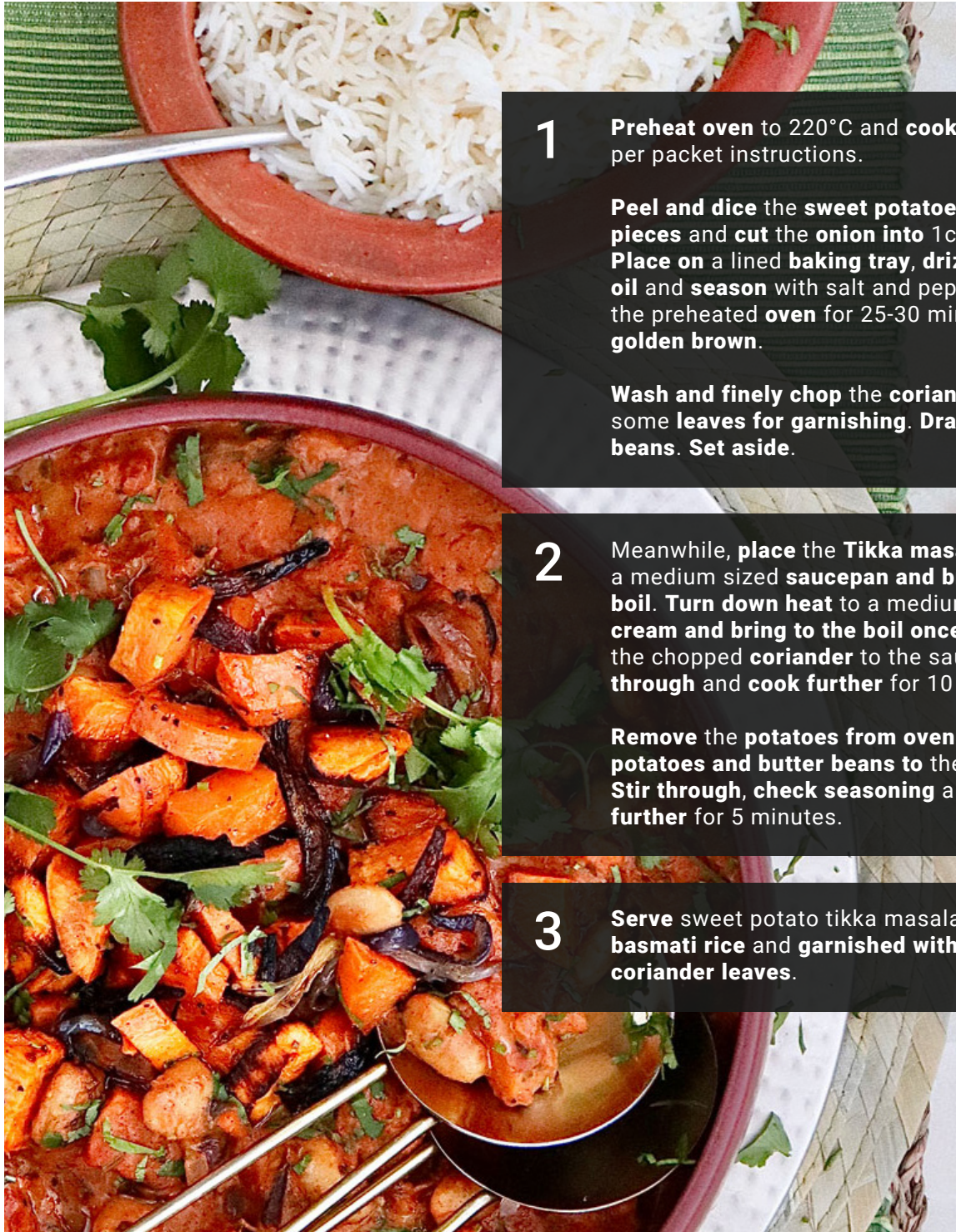
- > 700g Sweet Potatoes
- > 1 Red Onion
- > ½ Coriander Bunch
- > 400g Butter Beans
- > 450g Tikka Masala Sauce
- > 200ml Cooking Cream
- > 2 Cups Basmati Rice

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper



# METHOD – GET COOKING!



1

**Preheat oven** to 220°C and **cook the rice** as per packet instructions.

**Peel and dice** the **sweet potatoes** into 2cm pieces and **cut the onion** into 1cm wedges. **Place** on a lined **baking tray**, **drizzle with olive oil** and **season** with salt and pepper. **Place into** the preheated **oven** for 25-30 minutes **until golden brown**.

**Wash and finely chop** the **coriander**, **reserving** some **leaves for garnishing**. **Drain the butter beans**. **Set aside**.

2

Meanwhile, **place** the **Tikka masala sauce** in a medium sized **saucepan** and **bring to the boil**. **Turn down heat** to a medium low. **Add the cream** and **bring to the boil once more**. **Add** the chopped **coriander** to the saucepan, **stir through** and **cook further** for 10 minutes.

**Remove the potatoes** from oven. **Add the potatoes and butter beans** to the **curry sauce**. **Stir through**, **check seasoning** and **cook further** for 5 minutes.

3

**Serve** sweet potato tikka masala **hot with basmati rice** and **garnished with fresh coriander leaves**.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover cream in a pasta dish or for a dessert.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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