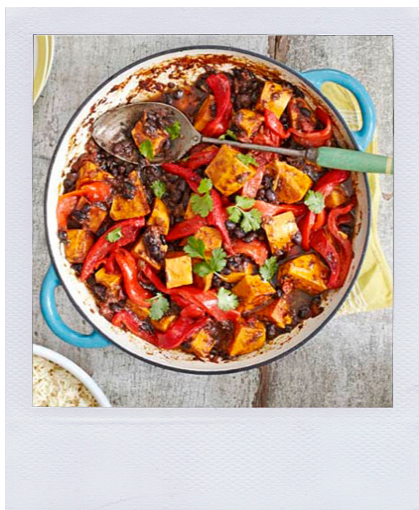




Jammin' JeRk



JAMMIN' JERK SWEET POTATO AND BLACK BEAN CURRY

Serves 4

Ingredients

2 onions - 1 finely diced, 1 roughly chopped
2 tbsp sunflower oil
50g ginger, roughly chopped
1 small bunch coriander, leaves and stalks separated
3 tbsp Jammin' JeRk Hot Marinade
2 thyme sprigs
400g can chopped tomatoes
4 tbsp red wine vinegar
3 tbsp demerara sugar
2 vegetable stock cubes, crumbled
1kg sweet potatoes, peeled and cut into chunks
2 x 400g cans black beans, rinsed and drained
450g jar roasted red peppers, cut into thick slices

Instructions

Gently soften the diced onion by frying in the sunflower oil in a big pan or casserole.

Blend together the roughly chopped onion, ginger, coriander stalks and Jammin' JeRk marinade.

Add this mix to the softened onion and fry until fragrant.

Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer.

Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more.

Stir in the beans, peppers, salt and pepper and simmer for another 5 mins until the potatoes are almost tender.

To serve, roughly chop the coriander leaves and stir in.

Enjoy!