

Sweet Potato Peanut Curry

Rich, creamy, and deeply spiced — a peanut butter curry with roasted sweet potato, warm curry powder, and wilted spinach over steamed rice.

Category: Entree · Peanut Product: Peanut Butter & Dry Roasted Peanuts · Serves 4

INGREDIENTS

Curry Base

Ingredient	Amount
Coconut oil	1 tbsp
Onion, chopped	1 large
Garlic cloves, grated	4 cloves
Fresh ginger, grated	1 tbsp
Curry powder	2 tbsp
Tomato paste	1 tbsp
Ground cumin	1 tsp
Ground coriander	1 tsp
Turmeric	1/2 tsp
Smoked paprika	1/2 tsp
Red pepper flakes	1/4 tsp
Smooth peanut butter	2 tbsp
Soy sauce or tamari	1 tbsp
Brown sugar	1 tsp

Produce & Liquid

Ingredient	Amount
Sweet potatoes, peeled and cubed	500g / 1 lb 2 oz
Coconut milk (full fat, unsweetened)	400ml / 14 oz can
Vegetable stock	1/2 cup
Baby spinach	200g / 7 oz
Lime, juiced	1
Fresh cilantro, rough chop	1/4 cup

To Serve

Ingredient	Amount
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Cooked jasmine or basmati rice	as needed
Dry roasted peanuts, roughly chopped	1/4 cup
Lime wedges	for garnish
Fresh cilantro	for garnish

INSTRUCTIONS

- 1. Build the base:** Heat coconut oil in a large deep skillet or Dutch oven over medium heat. Add onion and cook 5–6 minutes until softened and lightly golden. Add garlic and ginger and cook 1–2 minutes until fragrant.
- 2. Toast the spices:** Add tomato paste, curry powder, cumin, coriander, turmeric, smoked paprika, and red pepper flakes. Stir constantly for 1–2 minutes to toast the spices and deepen the flavor.
- 3. Add peanut butter and sweet potatoes:** Stir in peanut butter, soy sauce, and brown sugar until fully incorporated. Add sweet potato cubes and toss to coat in the spice mixture.
- 4. Simmer:** Pour in coconut milk and vegetable stock. Stir well, bring to a gentle boil, then reduce to a simmer. Cook uncovered for 18–22 minutes, stirring occasionally, until sweet potatoes are fork tender and sauce has thickened.
- 5. Finish:** Fold in spinach in batches until wilted. Squeeze in lime juice and stir in fresh cilantro. Taste and adjust salt, heat, or lime as needed.
- 6. Serve:** Ladle over steamed rice. Top with dry roasted peanuts, extra cilantro, and a lime wedge.

NOTES

Flavor tip:

Toasting the curry paste and dry spices before adding liquid is the key step — it blooms the aromatics and gives the curry a deeper, more complex base.

Peanut butter tip:

Use smooth Georgia peanut butter for a silkier sauce. Natural peanut butter works best — avoid sweetened varieties.

Make it heartier:

Add a drained can of chickpeas along with the sweet potatoes for added protein and texture.

K-12 / Foodservice scaling:

Doubles and triples well. For large batch, roast sweet potatoes separately at 400°F for 20 minutes before adding to sauce for better texture and color.

■ Allergens: Peanuts · Tree Nuts · Soy · Gluten (soy sauce — use tamari for GF)