

Loaded Indian Spiced Sweet Potatoes

Yield: 2 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potatoes-recipe-indian-vegetarian>

Ingredients:

- 2 large sweet potatoes
- 1 red onion sliced roughly
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 3 garlic cloves
- 1 tomato chopped
- 2 tablespoons coconut cream yogurt or plantbased yogurt
- 1 1/2 cups frozen peas
- sweet potatoes Flesh of the
- 1 handful coriander
- 1/2 teaspoon sea salt
- black pepper
- 1 pinch chilli flakes – optional
- coconut
- yogurt
- fresh coriander
- fresh mint