

# Sweet Potato & Asparagus Curry

Number of Servings: 2

Prep Time: 15 minutes

Cook Time: 25 minutes

## Ingredients

1 onion, diced  
4 cloved garlic, minced  
1 tbsp sesame oil  
1 can coconut milk  
1 large sweet potato, peeled and chopped  
1 bunch asparagus, chopped  
1/2 cup frozen corn,  
2 tsp cumin powder  
1 tsp tumeric powder  
1 tsp adjwain powder  
2 tsp fenugreek powder  
salt & pepper

## Instructions

Fry onion and garlic in oil. Add sweet potato and coconut milk, cook for 15 minutes. Add asparagus, corn and cook for 5-10 minutes until asparagus is cooked. Serve over rice.