



Sharwood's Sweet Potato & Chickpea Tikka Masala



17 mins



Serves 4



Super Simple



Under £5
Per Meal

Ingredients

- 420g Sharwood's Tikka Masala
- 2 Tins Chickpeas in Water (800g)
- 1 Small Sweet Potato (150g)
- 2 Onions

Method

1. Wash 1 sweet potato (don't peel) and chop into small cubes.
2. Peel and chop 2 medium onions.
3. In a little vegetable oil brown sweet potato and onions for 10 mins, stirring regularly.
4. Add (drained) chickpeas and continue cooking for a further 5 mins.
5. Add Sharwood's Tikka Sauce, stir and bring to the boil (1-2 mins).

Please ensure food is cooked through and piping hot throughout before serving.

***Under £1.25 per serving**

**Subject to these terms, the price per person in advertised recipes are based on total cost of meal serving the number of people set out in the recipe. Total cost of meal for Ambrosia recipes has been calculated on a pro-rata cost of ingredients. Prices of meals which include either OXO stock cubes or BISTO gravy in the recipe have been calculated using a pro-rata cost of either a 12 pack of OXO stock cubes or a 20g BISTO Nation's Favourites gravy drum, based on req'd servings per meal. Prices based on in-store and online prices of the three largest retailers, subject to availability and based on ingredients being purchased in a single retailer. Prices exclude convenience store prices. Prices of some recipes are based on the purchase of individual loose vegetables (see recipe for detail) and may not be available for purchases online. With the exception of the advertised BATCHELOR'S, BISTO, LOYD GROSSMAN®, SHARWOOD'S, AMBROSIA and OXO products, pricing of ingredients required to make the complete meal is based on cheapest ingredient available in each retailer; ingredient substitutions may vary the price. Prices calculated as of 31st January 2023. Prices are at the retailer's discretion & are subject to change.*

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