




CHICKPEA & VEGGIE CURRY

 4 servings

 40 minutes

 V & VG



INGREDIENTS

- 1 can of chickpeas
- 1 can of tomatoes
- 1 onion
- 1 can of coconut milk
- 1 tbsp of curry paste or powder
- 2 cups of mixed frozen vegetables
- 2 cups of rice
- 1bsp of any oil of your choice

DIRECTIONS

1. Measure out 2 cups of rice and add it into a pot
 2. Add 4 cups of water into the same pot
 3. Place the pot on high heat without the lid until the water starts bubbling
 4. Once the water is boiling, turn the heat down low, and cover the heat with a pot, and simmer for 15 minutes
 5. After 15 minutes, turn off the heat but leave the lid on for another 5-10 minutes.
1. finely chop the onion and then fry it in a pan with the curry paste and a little oil
 2. Add in the can of coconut milk and stir until hot
 3. Add chickpeas, tomatoes, frozen veggies to the pan, and let simmer for around 15 min
 4. Serve together with rice