

Kumara, zucchini & chickpea curry



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4

- 1 onion, chopped
- 2 garlic cloves, peeled
- 4 ripe tomatoes, roughly chopped
- 2 tbs vegetable oil
- ¼ cup Indian Korma curry paste
- 400g can chickpeas, drained and rinsed
- 400g kumara (orange sweet potato), peeled and cut into 5cm pieces
- 1 cup vegetable stock
- 3 small zucchini, cut into 2 cm pieces
- 150g green beans, cut into 5 cm lengths
- Steamed basmati rice and naan bread, to serve

1. Place onion, garlic and tomatoes in a blender or food processor. Blend or process until tomatoes are finely chopped.
2. Heat oil in a large saucepan over medium-high heat until hot. Add curry paste and cook, stirring often, for 1 minute or until aromatic. Add chickpeas and tomato mixture and cook, stirring often, for 5 minutes or until hot.
3. Add kumara and stock to pan. Cover and cook, stirring occasionally, over medium heat for 15 minutes. Add zucchini and beans and simmer for a further 15–20 minutes until just tender. Serve curry with steamed basmati rice and naan bread.



Kumara

- A source of carbohydrate and has a low glycaemic index (GI), so that its carbohydrate provides long-lasting energy.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.