

Vegetable & chickpea curry



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Preparation 20 mins | Cooking 45 mins | Serves 4

- 1 brown onion, roughly chopped
- 2 garlic cloves, peeled
- 4 medium ripe tomatoes, chopped
- 2 tbs vegetable oil
- 2 tbs good-quality Indian curry powder or paste
- 300g can chickpeas, drained and rinsed
- 350g Kumara (orange sweet potato), peeled and cut into 5cm pieces
- 1 cup vegetable or chicken stock
- ¼ small cauliflower, trimmed and cut into small florets*
- 2 small zucchini, cut into 2cm pieces
- 150g green beans, cut into 5cm lengths
- steamed basmati rice, mango chutney and pappadams, to serve

**About 300g cauliflower florets.*

STEP 1 Place onion, garlic and tomatoes into a food processor. Process until well combined and tomatoes are evenly chopped.

STEP 2 Heat oil in a large saucepan or deep frying pan over medium-high heat until hot. Add curry powder or paste and cook, stirring often, for 1 minute or until aromatic. Add chickpeas and cook, stirring constantly, for 1 minute. Stir in tomato mixture and cook, stirring often, for 5 minutes or until just boiling.

STEP 3 Add sweet potato and stock to pan. Cover and cook, stirring occasionally, over medium heat for 15 minutes. Stir in cauliflower, zucchini and beans and cook for 12-15 minutes until vegetables are just tender. Serve curry with steamed basmati rice, mango chutney and pappadams.