

Vegetable & chickpea curry



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Preparation: about 20 mins **Cooking:** about 40 mins **Serves:** 4

Ingredients:

- 1 medium onion, 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 sweet potato (Kumara), peeled and cut into 5cm pieces
- 1 cup vegetable stock
- 1/4 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*

Method:

1. Place onion, garlic and tomatoes in the bowl of a food processor. Process until well combined and tomatoes are evenly chopped.
2. Heat oil in a large saucepan 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 until just boiling.
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 8–10 minutes or until cauliflower is just tender. Serve curry with steamed basmati rice, mango chutney and pappadams.

Cauliflower:

- Green vegies are tops for nutrition, but a snowy-white cauliflower gives them a run, packing a powerful nutritional punch with many vitamins, including three of the B group vitamins – folate (important for heart health), biotin (helps maintain healthy levels of glucose in the blood) and niacin (vital for the release of energy from our food).
- An excellent source of vitamin C, one of the anti-infection vitamins.