

CHICK PEA AND VEGETABLE CURRY



QUICK

Less 12 mins to make plus 8 mins simmering time

HEALTHY

Chick peas are a great plant-based source of protein and the edamame beans add even more

FAMILY



MEALS



INGREDIENTS

- 1 x 400g tin tomatoes
- 1 x 400 ml tin coconut milk
- 1 x 400g tin chick peas
- 1 large onion
- 2 garlic cloves
- 1 red chilli
- 1 thumb ginger
- 1 tbs garam masala
- 1 tbs ground cumin
- 1 tbs ground coriander
- Fresh parsley/coriander
- 2 large handfuls spinach
- 1 lime
- 2 carrots
- 250g frozen **shelled** edamame

METHOD

1. Heat 1 tbs oil in a large frying pan
2. Add the 3 x spices and cook on a medium heat
3. Slice the onions and add them
4. Grate the ginger and add....
5. Mince the garlic and add...
6. Remove the chilli seeds, chop small and add
7. Add the tinned tomatoes and coconut milk and bring to the boil
8. Simmer uncovered
9. Chop the carrots and add them
10. Add the edamame and chick peas
11. Leave to simmer uncovered for 8 mins
12. Just before serving, stir through 2 large handfuls spinach
13. Add salt and /or a squeeze of lime to taste



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com