

CHICK PEA AND VEGETABLE CURRY



QUICK

Less than 12 mins
prep time + 8 mins
simmering time

HEALTHY

Chick peas and soy beans
are a great plant-based
source of protein

FAMILY



Feeds 5

MEALS



Serve with rice

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
- ½ - 1 red chilli (depending on how hot you like it)
- 3cm fresh ginger
- 1 tbs garam masala
- 1 tbs ground cumin
- 1 tbs ground coriander
- 2 large handfuls spinach
- 1 lime
- 2 carrots
- 250g frozen **shelled** soybeans (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 onion and add
- 4) Grate or mince the ginger and add
- 5) Mince the garlic and add
- 6) Remove the chilli seeds, dice 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