

Chickpea curry

Serves 6

Time to make: 25 minutes

Store in the fridge for 2-3 days or in the freezer for up to 3 months.

This recipe makes use of any canned legumes or beans that you have in your cupboard. If you have fresh vegetables you can use them instead of frozen. Make sure you chop them into small pieces so they cook evenly.

Ingredients

- 1 onion
- 1-2 tablespoons curry powder
- 400g canned tomatoes
- 1 vegetable stock cube
- 1 x 400g canned chickpeas, lentils or other beans
- 1kg frozen mixed vegetables
- 1-2 teaspoons oil
- Cooked rice, to serve



Method



1. Chop onion. Drain chickpeas and rinse well.



2. Heat oil in large pot over medium heat. Add onion and cook, stirring for 5 minutes until soft.



3. Add curry powder and cook, stirring for 1 minute until onion is covered with curry.



4. Add tomatoes and crumbled stock cube and bring to the boil.



5. Add frozen vegetables and simmer for 5-10 minutes or until vegetables are cooked.



6. Add chickpeas and simmer until heated through. Serve with rice.