

CHICKPEA CURRY





INGREDIENTS

- 2 chickpea cans
- 1 can crushed tomatoes can
- 1/4 cup coconut cream
- 1 leek
- 1 cup spinach
- 1 cup diced butternut
- 1 cup diced sweet potatoe
- 1 cup diced white potatoe
- 1 can of corn kernels
- 1 red onion
- 50g butter
- 1 spoon Moroccan spice paste (Masterfoods)
- 1 teaspoon dry stock
- 1 teaspoon mild curry powder
- 1 spoon tomatoe paste
- 2 spoons of freshly chopped coriander, basil & rosemary

INSTRUCTIONS

In a heated sauce pan, add butter

Once the butter has melted, add red onion and leek then sautee till translucent

Add tomatoe paste, mix well and cook for 30 seconds

Add the Moroccan paste, mix well and cook for 30 seconds

Add the curry powder & dry stock, mix well then cook for 30 seconds

Add the corn (*make sure you've strained the water*), butternut, sweet potatoe, white potatoe then mix in well and cook for about 5 minutes on low heat, stirring every 2 minutes or so.

Add spinach and fresh herbs, mix in well then cook for a further 10 minutes stirring every 2 minutes or so.

Add the chickpeas (*make sure you've strained the water*), mix well and cook fo 3 minutes

Add can of tomatoes, mix well and cook for 2 minutes

Add coconut cream, mix well and let simmer on low heat for 2 minutes

Serve with rice and/or naan bread

Notes:

Remember to taste as you go so you can adjust accordingly.