



Chickpea and Vegetable Curry

6 SERVINGS

TIME: 30 MINUTES

INGREDIENTS

2 tbsp olive oil
1 large onion, diced
2 cloves garlic crushed
10g curry leaves
10g pandan leaves
50g fenugreek seeds
50g mustard seeds
1 tbsp turmeric
1 tbsp curry powder
400g can crushed tomatoes
12 cups chopped vegetables of any type
2 x 400g chickpeas, drained
250ml coconut cream (or vegan cream)
50 ml lemon juice
Salt and pepper

METHOD

1. Heat the olive oil in a stock pot over medium heat. Sauté onion, garlic, curry leaves, pandan leaves, fenugreek seeds and mustard seeds.
2. Add the turmeric, curry powder, salt and pepper to taste. Sauté for 3 minutes.
3. Add the tomatoes and vegetables and enough water to cover. Cook until soft.
4. Add the chickpeas, cream, lemon juice and stir in. Simmer for 10-15 minutes.
5. Adjust seasoning.
6. Serve hot over rice or with naan bread (or both).