

CHICKPEA & VEGETABLE CURRY



This delicious vegetarian curry is so simple to make and tastes amazing over basmati rice or served with some delicious plain naan bread. Fantastic for your 5-a-day and you can vary the vegetables to whatever you have available.

Top with some fresh coriander for a professional finish.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a measuring jug to measure liquid; use measuring spoons; chop using bridge/claw technique safely; use a vegetable peeler safely; crush garlic; use the hob (with adult supervision); season to taste.

Equipment: Measuring jug, measuring spoons, knife, chopping board, vegetable peeler, large saucepan, wooden spoon, scales, garlic crusher.

Allergens*: Gluten (stock) | Milk

Ingredients (serves 2):

- 1 tbsp vegetable oil
- 1/2 small onion, chopped
- 1 clove garlic, crushed
- 1 tbsp curry powder
- 110 g carrots, peeled and sliced
- 110 g mushrooms, quartered
- 1/2 small head of cauliflower, broken into florets
- 1 tbsp tomato puree
- 110 g chopped tomatoes
- 300ml of vegetable stock
- 210g tin of chick peas, drained and rinsed
- 50 g frozen peas
- Fresh coriander and low fat natural yogurt, to serve
- 100 g brown rice, rinsed

Method

1. Half fill a saucepan with boiling water, add the rice and put on the hob. Stir, bring back to the boil and simmer for as long as it says on the packet until tender.
2. Meanwhile heat the oil in a large saucepan and gently fry the onion for 2 minutes. Add the garlic and curry powder and stir, making sure to coat the onions and garlic in the powder. Leave to cook for 2 minutes.
3. Stir in the carrots, mushrooms and cauliflower and gently fry for 3 minutes more.
4. Add the tomato puree, tinned tomatoes and stock, bring to the boil and stir in the chick peas.
5. Leave the curry to simmer gently for 10 minutes then stir in the peas.
6. Cook for a further 10 minutes and season to taste.
7. Drain the cooked rice through a sieve and divide between the plates. Top with the finished curry and garnish with fresh coriander and yogurt.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

CHICKPEA & VEGETABLE CURRY

Nutrition Information



Source: Public Health England in association with the Home Department, Food Standards Institute and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Chickpea & Vegetable Curry

...

Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 450g serving

ENERGY 1182kJ / 282kcal **14%**

LOW FAT 10.1g **14%**

LOW SATURATES 1.2g **6%**

LOW SUGARS 9.7g **11%**

LOW SALT 1.1g **19%**

% of an adult's reference intake
Typical values per 100g : Energy 263kJ /63kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.