



Chickpea curry

Recipe by Lucy Bain



Serves 5



20 minutes

INGREDIENTS

- 1 tin chickpeas
- 1 tin diced tomatoes
- 1 tin coconut milk
- 2 cloves garlic
- 1 tsp coriander seeds (ground)
- 1 tsp curry powder
- ½ tsp chilli powder
- 2 tsp cornflour
- 2 tbsp oil
- Salt and pepper
- Spinach or silver beet

To serve:

- Rice
- Puppadums

DIRECTIONS

1. Put your rice on to cook.
2. Fry coriander and garlic in oil over medium-low heat.
3. Add curry powder, tomatoes and chickpeas. Cook for a few minutes on medium heat.
4. Add coconut milk, chilli, salt and pepper to taste. Do not boil.
5. In a separate cup, mix the cornflour with a scoop of the sauce to make a smooth slurry, then stir it back into the curry to thicken.
6. Add the spinach/silver beet a couple of minutes before serving, to give it just enough time to wilt.
7. Serve with rice and puppadums.

NOTES

- Add any additional vegetables you like when you add the chickpeas in step 2. Carrots, cauliflower or green beans all work well.
- For a richer curry, use coconut cream instead of coconut milk.
- If you want to make the most of your ingredients and make dessert or lunchbox treats as well, you can reserve the juice from the chickpea tin and use it to make meringues. Whip the liquid (aquafaba) until fluffy, then whip in ½ cup of sugar until it forms stiff peaks and the sugar has dissolved, then pipe or scoop onto a baking tray and bake in a low oven for about an hour.



Afternoons

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