



Chickpea and Potato Curry



Serve 4 – vegan and gluten free

INGREDIENTS:

2 tbsp sunflower oil
1 tsp cumin seeds
1 tsp black **mustard seeds**
2 onions, finely chopped
1 green chilli, finely chopped
4 garlic cloves, finely chopped
1 cm ginger, finely chopped
400 g tin of chopped tomatoes
1 tsp salt
1 tsp chilli powder
1 tsp turmeric powder
1 tsp garam masala
1 tbsp coriander powder
2 potatoes cut into 1 inch pieces
2 x 400 g tin of chickpeas
Handful of fresh coriander, finely chopped

ALLERGENS HIGHLIGHTED IN
BOLD

PREPARATION:

Heat the oil in a pan and add the cumin and mustard seeds. Once they begin to sizzle add the onions, chillies and cook until golden brown, roughly 10-15 minutes on medium heat. Add the ginger and garlic and cook for another minute.

To this add the tin of chopped tomatoes, cover and cook for 15-20 minutes on low heat. Then add all the spices and cook for 2 minutes before adding the potatoes and chickpeas. Cover and cook for 25-30 minutes until the potatoes are cooked.

Sprinkle the coriander leaves on top and serve hot with some rice or naan (please link to naan recipe).