

Vegetable and Chickpea Curry

Aromatic Indian spices mingle with chickpeas, green beans, and potatoes. Coconut milk is stirred into the cooked curry for a creamy finish.

Ingredients

- 1 tbsp extra virgin olive or coconut oil
- 1 ½ cups of chopped onion
- 1 cup thinly sliced carrot rounds
- 1 tbsp curry powder
- 1 tsp peeled and grated fresh ginger
- 2 finely chopped garlic cloves
- 3 cups of cooked chickpeas
- 1 diced green bell pepper
- 1 cup cut green beans
- ½ tsp sea salt
- ½ tsp black pepper
- 2 cans of chopped tomatoes, undrained
- 750 g of vegetable stock
- 3 cups of fresh baby spinach
- ½ cup of coconut milk

Instructions

Heat oil in a large non-stick pan over a medium heat. Add onion and carrot and cook 5 minutes.

Add curry powder, ginger and garlic, cook 1 minute, stirring constantly.

Place onion mixture in a slow cooker. Stir in chickpeas and next 8 ingredients (through broth). Cover and cook on HIGH for 6 hours. Add spinach and coconut milk, stir until spinach wilts.

You can serve this with Brown basmati rice or a grated cauliflower.