

Chickpea coconut curry

Preparation time

20 minutes

Cooking time

25 minutes

Serves

4

Recipe courtesy of

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Ingredients

Method

Nutrition

1 tbsp curry powder

2 tsp minced garlic

1 onion, chopped

1 red capsicum, chopped

250g pumpkin, chopped

250g sweet potato, chopped

200g can chickpeas, rinsed and drained

1 x 375ml can light coconut milk

1. Heat a large non-stick frypan. Add the curry powder, garlic, onion and capsicum and cook over medium heat for 2 minutes.
2. Add pumpkin, sweet potato, drained chickpeas and coconut milk to the pan. Bring to the boil and simmer until vegetables are tender (20 minutes), stirring occasionally.
3. Divide into 4 serves. Best served with rice and some fresh green beans or peas on the side.

Nutritional information is provided per serve

Energy 995kJ (238 calories)

Protein 8.5g

Saturated Fat 6g

Total Fat 9g

Carbohydrates 26.5g

Sugars 13g

Dietary Fibre 8.6g

Sodium 152mg