

Creamy chickpea and vegetable curry

Ingredients

2 tsp vegetable oil
2 tbsp Madras curry paste
1 cup of vegetable liquid stock
400ml can light coconut cream
1 large red capsicum, cut into 2cm pieces
1kg pumpkin, cut into 2 cm pieces
1 small cauliflower, trimmed, cut into florets
3 tomatoes, roughly chopped

300g green beans, trimmed, halved
400g canned chickpeas, drained and rinsed
1 Lebanese cucumber, grated
2 tbsp fresh coriander leaves, chopped
1 cup plain greek-style yoghurt
4 naan bread, warmed

20 minute prep
3h 50min cook



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Heat oil in a medium saucepan over medium heat. Add curry paste. Cook, stirring, for 30 seconds or until fragrant. Add stock. Bring to simmer. Transfer to slow cooker.

Add coconut cream, capsicum and pumpkin to slow cooker. Season. Cover. Cook on high for 1 hr 30 minutes (or low for 3 hours). Add Cauliflower and tomato. Cook for 15 minutes. Add beans and chickpeas. Cook for a further 30 minutes or until beans are just tender.

Combine cucumber, coriander and yoghurt in a bowl. Serve remaining curry with naan bread, yoghurt mixture and extra coriander.

Serves 6

