

Quick Chickpea Curry

Serves 4

3tbsp vegetable oil
3 cloves garlic, peeled and finely chopped or crushed
4cm fresh root ginger, peeled and finely chopped or grated
2tsp ground cumin
2tsp ground coriander
2 fresh tomatoes, chopped
150ml light stock
2 onions, peeled and chopped
225g mushrooms, sliced
1 tin (approximately 400g) chickpeas, drained and rinsed
50g creamed coconut, grated
3tbsp fresh coriander, chopped
75g flaked almonds, toasted

- 1.** Lightly fry the garlic, ginger and spices in a tablespoon of oil for 2 to 3 minutes. Add the tomatoes and stock and cook for another minute.
- 2.** Blend to a paste and set to one side.
- 3.** Fry the onion in 2tbsp oil for 3 minutes, add the mushrooms and cook for a further 3 minutes.
- 4.** Pour the paste over the onion and mushrooms, and add the chickpeas and most of the coriander. Heat gently for 10 minutes.
- 5.** Stir in the coconut and almonds, saving a few to sprinkle on top of the meal along with remaining coriander.
- 6.** Serve with rice or cous cous, breads or poppadoms and mango chutney.

