EASY CHICKPEA CURRY















Easy Chickpea Curry

— SERVES 4 —





- 2 onion
- 2 carrots
- I tablespoon olive or vegetable oil
- 2 cloves of garlic
- · 2cm piece of ginger
- Salt and black pepper
- I tablespoon mild curry powder
- I tablespoon mango chutney
- 1x 400g tin of chopped tomatoes
- 1x 400g tin of chickpeas
- 1× 400g tin of light coconut milk
- 200g spinach, fresh or frozen

EQUIPMENT

- · Chopping board
- Knife
- Non-stick pan
- Measuring spoons
- Wooden spoon
- Grater



Beans Bonus

This recipe provides 2 of your 5 a day

Chickpeas are

- high in fibre and protein, and contain essential vitamins and minerals like iron, magnesium and folate
- small but super sustainable packages! They don't require a lot of water to grow and like other pulses have a low carbon footprint.

Stop food waste and use up your veg.

Add other chopped vegetables in step I or stir in leftover cooked vegetables at the end.

METHOD

- 1. Peel and dice the onions into 1cm chunks and dice the carrots into 1cm chunks.
- 2. Place a large pan on a medium heat and drizzle in the oil.
- 3. Add the chopped vegetables and cook down for 15 minutes, until soft and sweet.
- 4. Peel the garlic. Use a teaspoon to scrape the skin off the ginger. Finely chop or grate both, then add to the pan.
- 5. Season with salt and black pepper. Add the curry powder and cook for a further 2 minutes, then add the mango chutney.
- 6. Tip in the tomatoes, then half-fill the tin with water, swirl it around and tip into the pan.
- 7. Drain and add the chickpeas, then simmer over a high heat for 15-20 minutes, or until thickened and delicious.
- 8. Pour in the coconut milk and stir it through the sauce.
- 9. Mix in the spinach and allow to wilt into the sauce, simmer for 2 minutes (or until thawed if using frozen spinach), then taste and season.
- 10. Delicious served with steamed or boiled rice or flatbreads using Faba bean flour, and a little cucumber salad on the side, if you like.

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SWEET POTATO CHILLI















MINISTRY OF FOOD

♥JAMIE OLIVER

SWEET POTATO CHILLI

— SERVES 6 —

A lovely alternative to a traditional chilli con carne. Perfect for batch cooking and freezing or cooking for family & friends.



INGREDIENTS

- 500g sweet potato
- I small onion
- I red pepper
- · I yellow pepper
- · 2 cloves of garlic
- · 2 tbsp olive oil
- Handful of coriander
- 2 fresh chillies or 1 tsp of chilli flakes/powder
- Seasoning: I tsp cayenne pepper, I tsp ground cinnamon, I tsp ground cumin, salt and pepper

Speed peeler

Chopping board

Large saucepan

Wooden spoon

Measuring spoons

Sharp knife

Tin opener

Sieve

- · 2x400g tins of kidney beans
- · 2x400g tins of chopped tomatoes

Beans Bonus

Kidney beans are **rich** in **protein**, **high in fibre** and provide essential vitamins and minerals such as **iron** and **folate**.

Celebrate sustainability

Kidney beans, like other pulses, are a super **sustainable food source**, thanks to their nitrogen-fixing properties, low water requirements and long shelf life!

2 400 .:

METHOD

- I. Peel and dice the sweet potatoes, onion and peppers. Peel and finely chop the garlic.
- Heat the olive oil in a large pan over a medium-high heat. Add the diced veggies and garlic, cover and cook for 10 minutes, stirring occasionally.
- Add chopped coriander and diced fresh chilli or dried chilli flakes/powder. Cook for 2 minutes. Add the spices.
- 4. Drain the beans and add them along with the cans of tomatoes. Stir, bring to a boil, then reduce the heat to medium-low. Simmer for 20-25 minutes, stirring occasionally.
- Season with salt and pepper. Garnish with more chopped coriander and serve with your choice of side (rice, jacket potato, or whatever you fancy!)

Leftover Chilli Ideas

Use in a wrap, on a baked potato or with pasta. Great sprinkled with grated cheese!

Homemade Baked Beans















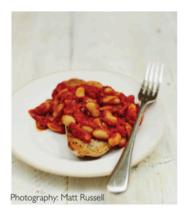
MINISTRY OF FOOD

⊘JAMIE OLIVER

Homemade Baked Beans

— SERVES 4 —

A simple and delicious breakfast classic that's great at any time.



Beans Bonus

This recipe gives you:

- · 2 of your 5 a day
- A low-fat, high in fibre plant-protein source.

Try out different varieties of beans such as haricot, pinto, butter, borlotti or mixed beans which work well too.

Celebrate sustainability

Beans are climate-smart crops. They naturally fix nitrogen in the soil, reducing the need for synthetic fertilizers and improving soil quality.

INGREDIENTS

- · I red or white onion
- A few sprigs fresh or I teaspoon dried rosemary
- ½ teaspoon olive or other vegetable oil
- ½ teaspoon sweet smoked paprika
- · I fresh or dried bay leaf
- I x 400g tins of cannellini beans
- · I teaspoon of tomato puree
- ½ teaspoon of balsamic vinegar
- I x 400g tin of chopped tomatoes
- · Salt and ground black pepper

METHOD

- Peel and roughly chop the onion. If using fresh rosemary, pick and roughly chop the leaves, discarding the stalks.
- 2. Place a large saucepan on a medium heat and add the oil.
- 3. Once hot, add the onion, rosemary, paprika and bay leaf, then stir well. Turn the heat down to low and cook with the lid askew for around 5-10 minutes, or until lightly golden, stirring occasionally.
- 4. Once the onion is cooked, remove the lid, then stir in the tomato puree and balsamic vinegar.
- 5. Drain the beans, then tip them into the pan. Add the tinned tomatoes, then season with a pinch of salt and pepper.
- Half-fill the tomato tin with cold water, swirl it around, and pour into the pan, then stir. Turn the heat up to high and bring to the boil.
- Once boiling, reduce the heat to low and cook with the lid askew for around 25 minutes, or until the sauce has thickened and reduced, stirring occasionally.
- 8. Delicious served on wholemeal toast or a baked potato or with whatever you fancy.

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EQUIPMENT

- Chopping board
- Knife
- Saucepan
- Measuring spoon
- Wooden spoon
- Colander
- Tin opener