

Mushroom and chickpea curry

Ingredients

- 1 onion
- 1 clove garlic
- 100g mushrooms
- 2 x 15ml spoons curry paste
- 2 x 15ml spoons tomato puree
- 200g canned chickpeas (rinsed and drained)
- 1 can coconut milk
- 1 x 15ml spoon oil



Serves 2

Equipment

Chopping board, sharp knife, weighing scales, saucepan, garlic press, wooden spoon, measuring jug, measuring spoons, colander, can opener.

Method

1. Prepare the ingredients:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic using a garlic press.
2. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
3. Stir in the curry paste and tomato puree.
4. Add the chickpeas and coconut milk.
5. Simmer gently for 20 minutes.
6. Serve with rice and/or naan bread.

Top tips

- Focus on fibre – serve with brown rice for a fibre boost.
- Get at least 5 A DAY – add more vegetables such as chopped green, red or yellow peppers, grated courgettes, tomatoes or butternut squash.
- Reduce food waste – freeze leftover curry paste. Spray an ice cube tray lightly with oil (this will prevent staining). Fill the trays with paste and freeze until completely frozen (about 2 hours). Once frozen remove from the trays and place in a bag in the freezer. By freezing them individually first, they won't stick together. They can then be used as and when needed.
- Use a can of lentils in water, instead of chickpeas.

Share your creations [@NutritionOrgUK](https://twitter.com/NutritionOrgUK) #HEW24 or email us at postbox@nutrition.org.uk