

EASY CHICKPEA CURRY



Easy Chickpea Curry

— SERVES 4 —



Photography: James Verity

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 1 or stir in leftover cooked vegetables at the end.

INGREDIENTS

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

METHOD

1. Peel and dice the onions into 1 cm chunks and dice the carrots into 1 cm 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.

EQUIPMENT

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

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.



Photography Matt Russell

INGREDIENTS

- 500g sweet potato
- 1 small onion
- 1 red pepper
- 1 yellow pepper
- 2 cloves of garlic
- 2 tbsp olive oil
- Handful of coriander
- 2 fresh chillies or 1 tsp of chilli flakes/powder
- Seasoning: 1 tsp cayenne pepper, 1 tsp ground cinnamon, 1 tsp ground cumin, salt and pepper
- 2x400g tins of kidney beans
- 2x400g tins of chopped tomatoes

EQUIPMENT

- Speed peeler
- Sharp knife
- Chopping board
- Large saucepan
- Measuring spoons
- Tin opener
- Sieve
- Wooden spoon

METHOD

1. Peel and dice the sweet potatoes, onion and peppers. Peel and finely chop the garlic.
2. 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.
3. 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.
5. Season with salt and pepper. Garnish with more chopped coriander and serve with your choice of side (rice, jacket potato, or whatever you fancy!)

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!

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.



Photography: Matt Russell

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

- 1 red or white onion
- A few sprigs fresh or 1 teaspoon dried rosemary
- ½ teaspoon olive or other vegetable oil
- ½ teaspoon sweet smoked paprika
- 1 fresh or dried bay leaf
- 1 x 400g tins of cannellini beans
- 1 teaspoon of tomato puree
- ½ teaspoon of balsamic vinegar
- 1 x 400g tin of chopped tomatoes
- Salt and ground black pepper

EQUIPMENT

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

METHOD

1. 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.
6. 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.
7. 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.