



# HEALTHY CHICKPEA CURRY RECIPE



☰ Prep: 10 mins  
🕒 Cook: 20 mins  
🍴 Serves: 4  
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## Ingredients

- ▲ 1 tsp canola oil
- ▲ 1 onion, chopped
- ▲ 3 cloves garlic, finely chopped
- ▲ 1 tbs ground cumin
- ▲ 1 tbs ground coriander
- ▲ 1 tbs curry powder
- ▲ 1 x 400g can no-added-salt chickpeas, drained and rinsed
- ▲ 1/2 zucchini, chopped
- ▲ 3 carrots, chopped
- ▲ 1 cup frozen green bean
- ▲ 400 g can no-added-salt diced tomatoes
- ▲ 165 g can reduced-fat coconut milk
- ▲ 4 cups steamed rice (from 2 cups uncooked rice)

## Method

1. Heat oil in a non-stick frypan or pot and fry onions, garlic and spices for 2 minutes.
2. Add the rest of the ingredients and simmer with the lid off for 15-20 minutes.
3. Serve with rice.

**Variation:** You can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

**Comment:** If you like a mild curry, or your spices are very fresh (and therefore strong), start with half the amount of curry powder, cumin and coriander.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	1734 kJ	341 kJ
<b>Protein</b>	11.1 g	2.2 g
<b>Fat, total</b>	7.3 g	1.4 g
— saturated	2.9 g	0.6 g
<b>Carbohydrate</b>	69.8 g	13.7 g
— sugars	9.7 g	1.9 g
<b>Sodium</b>	313.8 mg	61.7 mg
<b>Fibre</b>	10.7 g	2.1 g