



# Chickpea & Coconut curry

A quick and healthy meal, using mainly store cupboard ingredients. You can add some green veg and potatoes (fresh or tinned) to make it even more delicious, nutritious and filling



Watch the how to make this dish video at [growtogive.co.uk](http://growtogive.co.uk)

## Allergen info

- \* No known allergy prone ingredients within this recipe but please check curry sauce jar ingredients
- \* Fish - fish (optional)

## Equipment

Knife, chopping board, wooden spoon, scales, mixing bowl, frying pan, saucepan, colander.

## Ingredients

- 250 grams (g) rice
- 3 tablespoons of curry sauce (half a jar)
- 1 tin chickpeas, drained
- 1 tin chopped tomatoes
- ½ tin coconut milk

## Optional Extras

- Feel free to add other meat, meat substitute, fish or veg to make this dish go further
- Extra veg ideas include, diced carrot, courgette, cubed potatoes and any green veg you have to hand
- Use tinned veg such as potatoes, peas and beans

## Helpful Tips

- \* Chunky white fish, pieces of chicken or lamb all go well with this. Fry lightly before you add the curry sauce and simmer in the sauce until the meat or fish is cooked

## Method

 Serves 4



1

Put 3 tbsps (½ the jar) of curry sauce in a saucepan and heat gently



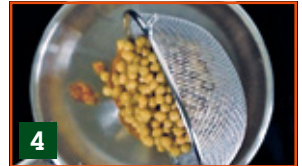
2

Rinse the rice well and add to salted boiling water



3

Cook for 10 minutes until the rice is soft



4

Drain the chickpeas and stir through the sauce.



5

Add the tin of tomatoes and coconut milk. Stir well



6

Serve with the cooked rice

