

Potato & Chickpea Curry

Recipe

Ingredients

- 1 Medium potato, peeled and cubed
- ½ Medium eggplant, cubed
- 3 Cups raw silverbeet (Swiss chard), chopped
- ¾ Cup frozen peas
- 1 Medium onion, chopped
- 1 Can drained chickpeas (250g)
- ½ Cup (75g) Can crushed tomato
- 2 Tbsp tomato paste
- 1 Large clove garlic, crushed
- 1 Tbsp seeded mustard
- 1 Tsp turmeric
- ¾ Tsp cumin
- 1 ½ Tsp beef-style vegetarian stock powder
- 1 ½ Cups water
- 1 Tsp cornflour maize
- ¾ Tbsp curry powder
- 2 Tbsp olive oil
- Chopped parsley, to garnish

Instructions

In a large saucepan, sauté onion, garlic and eggplant in olive oil, stirring often, for about 5 minutes or until lightly cooked. Stir in mustard, turmeric, cumin and curry powder until fragrant, about 1 minute.

Add crushed tomato, water, stock powder, tomato paste, silverbeet, chickpeas and potato to the saucepan, and bring to a boil. Reduce heat and simmer until potatoes become soft, about 15-20 minutes.

Add peas toward the end and cook for a few minutes, until tender.

Stir in cornflour to thicken the curry.

Serve over steamed rice and garnish with chopped parsley.

Makes 6 serves.

Gluten free, Nut free, Soy free, Dairy free.