

TASTE WITHOUT WASTE

Quick Chickpea and Mushroom Curry

Serves 3

Ingredients

2 tbsp sunflower oil
1 large onion, finely chopped
2 stalks celery, thinly sliced
2 garlic cloves, finely chopped
20g peeled ginger
2 ½ tsp curry powder
Pinch chilli flakes
½ tsp ground cumin
¼ tsp ground cardamom
2 tbsp tomato paste
150g button mushrooms, quartered
250ml vegetable stock
1x 400g can chickpeas
1 large tomato, cut into rough 1cm dice
60g baby spinach, rinsed
3 tbsp tomato sauce
Juice of ½ lemon
¼ cup greek yoghurt
Plenty of salt and freshly ground black pepper.
Handful of mint, chopped to serve

Method

Set a large frying pan over a medium to high heat. Pour in the oil and when shimmering add the onion and celery. Sauté gently for 7 minutes or until softened and the onion is translucent. Add the garlic, ginger, curry powder, chilli flakes, cardamom, cumin and tomato paste and cook, stirring constantly, for 3 minutes.

Throw in the mushrooms and cook for 3 minutes, stirring regularly then pour over the stock and bring to a simmer for 5 minutes. Now tip in the chickpeas, tomato, spinach and tomato sauce and simmer for a further 5 minutes.

Stir through the lemon juice, yoghurt, salt and pepper and cook for one minute.

Serve with brown rice or naan and a sprinkling of chopped mint.

Will keep for 3 days if refrigerated in an airtight container. Can also be frozen for up to 3 months.

Source: *A Taste Without Waste original.*

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