



SUPER QUICK CHICKPEA VEGGIE CURRY BOWL

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

400g can of chickpeas, drained and rinsed
400ml can coconut milk
1 large red pepper
1 large onion, finely chopped
1 punnet large chestnut mushrooms, sliced
Large handful cherry tomatoes
150g fresh baby spinach (frozen spinach works too)
2 or 3 teaspoon Medium curry powder
1 tablespoon olive oil

PREP TIME

Prep time: 5mins

Cooking time: 30mins

METHOD

- In a large casserole dish or saucepan, add the olive oil and sauté the onion for about 5-10 minutes until lightly browned.
- Add the curry powder and stir well
- Add the chopped mushroom, pepper and tomatoes and cook for about 10 minutes, stirring regularly, until all vegetables have softened
- Add the coconut milk and simmer for a further 10 minutes
- Add the chickpeas and simmer for another 5 minutes
- Just before serving, add the spinach and stir until wilted.
- Divide and serve with your choice of rice