

# VEGETABLE CURRY

Serves 4



## Ingredients

- 1 tablespoon oil
- 1 onion
- 2 teaspoons curry powder
- 1 can chickpeas
- 1 can chopped tomatoes
- 1 can coconut milk
- 4 fresh tomatoes
- 2 cups long grain rice

## Method

1. Heat oil in pan
2. Chop onion, fry gently
3. Add curry powder and cook for another minute
4. Add in can of tomatoes and simmer gently for 10 minutes
5. Separately boil 2 cups salted water and add in rice
6. Add coconut milk to curry and simmer for another ten minutes
7. Add in chickpeas & fresh tomatoes & warm through
8. Drain rice and serve with curry

Some frozen vegetables can be added after onion



Abundant Borders (SC049008)  
web - [abundantborders.org.uk](http://abundantborders.org.uk) & [facebook.com/abundantborders](https://www.facebook.com/abundantborders)  
contact: [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk)