We are Ready......

**Chickpea Curry**

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**Suggested portion**

**Size for recipe**

1–2 years – 85g

3–4 years – 115g

**Ingredients – Serves 5**

**Onion, peeled** 75g (1 small)

**Carrot, peeled** 30g (1 small)

**Fresh tomatoes** 40g (1 small)

**Vegetable oil** ½ tablespoon

**Tomato purée** 1 tablespoon

**Ground turmeric** 1 teaspoon

**Curry powder** ½ heaped teaspoon

**Chilli powder** ½ teaspoon

**Water** 200ml

**Canned chickpeas, no added** 1 x 400g can

**salt or sugar, drained** (drained weight, 240g)

**Method**

1. Chop the onion, carrot and tomatoes.

2. Heat the oil in a pan, add the onion, carrots and tomatoes and cook for 5 minutes.

3. Add the tomato purée, turmeric, curry powder, chilli powder, water and chickpeas.

Bring to the boil and simmer for 25 minutes or until the vegetables are soft.

Serve with brown rice and tomato and coriander salad