

# We are ready.....

## Chickpea Curry



**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	$\frac{1}{2}$ tablespoon
Tomato purée	1 tablespoon
Ground turmeric	1 teaspoon
Curry powder	$\frac{1}{2}$ heaped teaspoon
Chilli powder	$\frac{1}{2}$ teaspoon
Water	200ml
Canned chickpeas, no added salt or sugar, drained	1 x 400g can (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