We are ready......

**Chickpea and vegetable curry**

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**Suggested portion**

**Size for recipe**

1–2 years – 110g

3–4 years – 130g

**Ingredients – Serves 5**

**Onion, peeled** 60g (1 small)

**Garlic, peeled** ½ cloves

**Vegetable oil** ½ tablespoon

**Flour, plain** 15g (1 tablespoon)

**Curry powder** ½ tablespoon

**Cumin, ground** ½ teaspoon

**Coriander, ground** ½ teaspoon

**Tomato purée** ½ tablespoon

**Water** 300ml

**Desiccated coconut** 7g (½ tablespoon)

**Canned chickpeas, no added** ¾ x 400g can

**salt or sugar, drained**  (drained weight,175g)

**Vegetables, mixed frozen** 150g

**Method**

1. Chop the onion and garlic.

2. Heat the oil in a large pan, add the onion and garlic and cook until soft.

3. Stir in the flour, curry powder, cumin, with coriander and tomato purée. Mix until blended into a paste.

4. Gradually stir the water into the mixture, until the desired consistency is achieved.

5. Add the coconut, chickpeas and vegetables and simmer for approximately 45 minutes.