

# We are ready.....

## Chickpea and vegetable curry



**Suggested portion**

**Size for recipe**

1-2 years - 110g

3-4 years - 130g

### Ingredients - Serves 5

Onion, peeled	60g (1 small)
Garlic, peeled	$\frac{1}{2}$ cloves
Vegetable oil	$\frac{1}{2}$ tablespoon
Flour, plain	15g (1 tablespoon)
Curry powder	$\frac{1}{2}$ tablespoon
Cumin, ground	$\frac{1}{2}$ teaspoon
Coriander, ground	$\frac{1}{2}$ teaspoon
Tomato purée	$\frac{1}{2}$ tablespoon
Water	300ml
Desiccated coconut	7g ( $\frac{1}{2}$ tablespoon)
Canned chickpeas, no added salt or sugar, drained	$\frac{3}{4}$ x 400g can (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.