

Vegetable Curry

Ingredients: Serves 4

- 1 small onion peeled
- ½ clove garlic
- 150g plain flour
- ½ tablespoon mild curry powder
- ½ tablespoon ground cumin
- ½ tablespoon ground coriander
- 1 tablespoon tomato puree
- 300ml water
- 7g desiccated coconut
- 400g canned chickpeas
- 150g frozen mixed vegetables

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, 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.

