

ANYTHING CURRY

🕒 25 min 🍴 Serves 4

Ingredients

- 2 tbsp oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 2 medium potatoes*
- 1 small broccoli*
- 1 tbsp of curry paste (red, green or yellow)
- 1x 400g can of coconut milk
- 1x 400g can of chickpeas*, drained & rinsed
- ½ cup of rice

Method

1. Peel & chop the onion and garlic. Peel & cut potatoes in 1cm cubes, cut broccoli into florets and broccoli stem into 1cm cubes.
2. Drizzle the oil in a pot on medium heat, add the onion and garlic and cook them off in the oil until soft, for about 5 minutes.
3. Add the 1 tbsp of curry paste (or more to taste if you like it spicy) and fry off for another 2 minutes, stir continuously.
4. Add coconut milk and ½ cup of boiling water. Add potatoes and broccoli, simmer for 15 min until soft. Meanwhile, cook the rice according to package instructions.
5. Add chickpeas to the curry and heat through. Season with salt to taste. Serve with rice.

TIP: You can use any leftover veggies you have e.g. sweet potato, carrots, pumpkin - be creative!

