Vegetable and Chickpea Curry

Serves 4

2 tablespoons vegetable oil
1 med onion
3 cloves garlic, peeled and finely chopped
1 inch piece ginger, peeled and grated
Vegetables of choice
2 teaspoons cumin
2 teaspoons ground coriander
1 teaspoon turmeric
½ - 1 teaspoon chilli powder according to taste
1 tin chickpeas, drained
1 tin chopped tomatoes
1 tin coconut milk
2 teaspoons vegetable stock powder
fresh coriander

1. Finely chop the onion. Crush the garlic. Peel and grate the ginger.

2. Measure your spices onto a small plate.

3. Chop up your vegetables all to a similar size.
   (Some vegetables are best cooked in boiling water and added to the curry just before serving - fine beans and cauliflower for example).

4. Heat 2 tablespoons vegetable oil in a large saucepan and fry the onion until soft.

5. Add the garlic, ginger and any chopped vegetables. Cook until the vegetables start to soften.

6. Add the spices and keep stirring over the heat to cook. Be careful not to burn the spices.

7. Drain the tin of chickpeas and stir in.

8. Stir in the tinned tomato, coconut milk and vegetable stock powder.

9. Turn up the heat until it comes to the boil then turn down and simmer for 15 - 20 minutes.

10. If the curry is too watery, boil with the lid off until it's the correct consistency. If it's too thick, stir in water a little at a time. Check seasoning.

11. Stir in chopped coriander just before serving with rice.

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