

Chickpea Korma

Serves 4 adults

Ingredients

- 1 medium onion
- 2 cloves garlic
- ½ thumb-size piece of fresh ginger
- 1 small red chilli, optional (if you like a bit of a kick)
- 3 tomatoes
- 1 red pepper
- 2-3 dessertspoons korma paste
- 1 tin coconut milk
- 1 tin chickpeas, rinsed & strained
- 80g frozen peas
- good pinch salt
- black pepper
- 100g spinach
- 1 lime

Chickpeas are
a cheap &
filling source of
protein



Method

1. Dice the onion, garlic, ginger & chilli (if using).
2. Chop the peppers and tomatoes into small chunks.
(If you don't have peppers/tomatoes you can use other veg. Broccoli & courgettes work really well in this recipe too)
3. Heat oil in a wok & fry the onion, ginger, garlic (& chilli) for 5 minutes until softened.
4. Add the korma paste & cook for 2 minutes.
5. Add the peppers & tomatoes and cook for a further 2 minutes.
6. Finally, add the coconut milk, chickpeas and frozen peas. Bring to the boil & leave to simmer for 15 minutes.
7. Turn off the heat. Stir in the spinach & juice of ½ a lime.
8. Serve with rice & garnish with lime wedges.

Naan bread is a nice
accompaniment to
this dish.

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