



eatwise

### Curried chickpeas (serves 4–6)

*Chickpeas have a lovely nutty flavour, they're high in fibre (good for lowering cholesterol) and contain iron as well as other minerals and protein. They're not low carb though so if you're having rice, it's just a small portion and be sure to serve this curry with plenty of low carb veg like cauliflower, spinach and broccoli. A spoon of 0%fat natural Greek yoghurt will add to protein and tastes great as an accompaniment*

1 medium onion

3 large cloves garlic

1 medium red pepper,

Fresh ginger (thumb-sized piece)

1 tablespoon rapeseed or coconut oil

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon ground turmeric

½ teaspoon chilli powder

1 400g tin chopped tomatoes

2 400g tins chickpeas, rinsed

Freshly ground black pepper and salt to taste

Fresh coriander for garnish

4 Tablespoons 0% fat natural Greek yoghurt to serve (optional)

1. Peel and finely chop onion, garlic and ginger. This can be done in a food processor if you prefer. Chop red pepper into small dice or add to the food processor and blitz
2. Heat oil in a large pan or wok and add the mixture. Cook over a medium heat for 3–4 minutes
3. Add spices, stir well, allow to cook for a minute or two (add a little water if too dry)
4. Add tinned tomatoes, chickpeas, salt and pepper. Taste and adjust seasoning if necessary
5. Garnish with chopped fresh coriander leaves and serve with Greek yoghurt, steamed green vegetables and a small portion of brown Basmati rice