

Mild chickpea and mango curry

6 portions

Ingredients

240g Tinned chickpeas drained
120g Mango chunks
120g Onion, very fine dice or grated
80g Cauliflower, very small florets
220g Tinned tomatoes
100ml Water
40g Fresh tomatoes, cut into wedges or chunks
80g Green peppers, very fine dice
80g Sweetcorn, frozen
Small bunch of Coriander, chopped
½ tsp Mild curry powder
½ clove Garlic, crushed and chopped.
2 tsp Sunflower oil

1. Wash the coriander under cold water, dry then finely chop the stalks and leaves separately and store for later
2. Measure out the curry powder
3. Prepare the vegetables, as stated in the ingredient column
4. Heat the oil in a large pan over a medium heat.
5. Add the onion and green peppers and fry for 5 minutes until slightly coloured
6. Add the garlic and coriander stalks, and fry for another 30 seconds.
7. Add the curry powder and fry for a few minutes stirring continually
8. Turn the heat up to high, add the tinned tomatoes and bring to a boil
9. Add all other remaining curry ingredients except for the coriander leaves and tomato wedges, bring back to the boil, then turn down to a simmer until all the fruit and vegetables are cooked
10. Stir through the tomato wedges and chopped coriander leaves, simmer for 5 more minutes
11. Serves perfectly with boiled rice