# **Bunny chow**A South African fast-food dish consisting of hollowed-out bread filled with curry.

**Ingredients**

1 small onion

2 garlic cloves

200g canned chickpeas

250g reduced fat beef or lamb mince

1 x 5ml spoon (1 teaspoon) ground ginger

½ x 5ml spoon (½ teaspoon) chilli powder

½ x 5ml spoon (½ teaspoon) ground turmeric

1 x 5ml spoon (1 teaspoon) ground cinnamon

½ x 5ml spoon (½ teaspoon) ground cumin

1 x 15ml spoon (1 tablespoon) tomato puree

1 reduced salt beef stock cube

**Serves 2-3**

300ml boiling water

2 crusty rolls

**Equipment**

Chopping board, vegetable knife, measuring jug, sieve, large frying/sauté pan, mixing spoon, bread knife.

Method

1. Prepare the ingredients:
* peel and dice the onion;
* peel and finely chop or crush the garlic;
* drain the chickpeas and rinse.
1. Add the mince beef, onion and garlic to a large frying/sauté pan and dry fry until the meat is evenly browned and the onion softened.
2. Add the ginger, chili powder, ground turmeric, ground cinnamon and ground cumin to the pan and cook for 2 minutes.
3. Add the tomato puree to the pan and crumble in the stock cube.
4. Pour over 300ml boiling water and stir well.
5. Add the drained chickpeas and stir. Bring to the boil and simmer for 15-20 minutes until the liquid is reduced.
6. Cut the top off the crusty rolls and hollow out the inside.
7. Serve the meat mix in the hollowed-out bread rolls, with the top of the roll as a ‘lid’.

Eat well for you and the planet! Top tips

* Focus on fibre – swap the crusty roll for a toasted wholemeal pitta bread.
* Get at least 5 A DAY - add chopped peppers, canned or frozen sweetcorn or peas, or grated courgette or carrot at step 6 of the method.
* Vary your protein – swap the chickpeas for an alternative canned pulse, e.g. cannellini or kidney beans. For a vegetarian version, swap the meat for beans or lentils, and swap the beef stock cube for a vegetable stock cube.