# **Mushroom and chickpea curry**

A plate of food

Description automatically generated with medium confidence**Ingredients**

1 onion

1 clove garlic

100g mushrooms

2 x 15ml spoons (2 tablespoons) curry paste

2 x 15ml spoons (2 tablespoons) tomato puree

200g canned chickpeas (rinsed and drained)

1 can coconut milk

1 x 15ml spoon (1 tablespoon) oil

**Serves 2**

**Equipment**

Chopping board, sharp knife, weighing scales, saucepan, garlic press, wooden spoon, measuring jug, measuring spoons, colander, can opener.

Method

1. Prepare the ingredients:

* peel and chop the onion;
* slice the mushrooms;
* peel and crush the garlic using a garlic press.

1. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
2. Stir in the curry paste and tomato puree.
3. Add the chickpeas and coconut milk.
4. Simmer gently for 20 minutes.
5. Serve with rice and/or naan bread.

Top tips

* Focus on fibre – serve with brown rice for a fibre boost.
* Get at least 5 A DAY – add more vegetables such as chopped green, red or yellow peppers, grated courgettes, tomatoes or butternut squash.
* Vary your protein – use a can of lentils in water, instead of chickpeas.
* Reduce food waste – freeze leftover curry paste. Spray an ice cube tray lightly with oil (this will prevent staining). Fill the trays with paste and freeze until completely frozen (about 2 hours). Once frozen remove from the trays and place in a bag in the freezer. By freezing them individually first, they won’t stick together. They can then be used as and when needed.