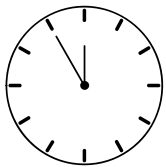


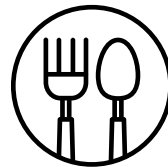


Chickpea Curry



Prep: 10 mins

Cook: 25 mins



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Welcome to The Lily Project:

A warming veggie dish that keeps
you full for longer!



Ingredients :

- 2 tins of chickpeas rinsed and drained.
- 1 tin coconut milk
- 1 tin chopped tomatoes.
- 1 onion finely chopped.
- 2-3 garlic cloves, sliced.
- 1tsp curry powder
- Salt to taste
- Brown rice

Jobs for little hands:

Make a tin tower!

Wash the rice

Sing a song

Help tidy up!

Directions :

1. Fry the onions in olive oil gently for 3-4 minutes until it starts caramelising. Add the garlic, and curry powder, cook, cook for another minute and stir to prevent burning. Add water to prevent sticking.
2. Add the drained chickpeas, coconut and chopped tomatoes, stir to mix everything together, add hot water just enough to cover chickpeas.
3. Put the lid on, cook on low heat for 20-25 minutes.
4. Once cooked, serve with brown rice and vegetables