

POT LUCK
Chickpea and Peach Curry



Ingredients:

1 tbsp of oil
1 large tin of chickpeas
1 large tin of peach slices
1 onion, finely chopped
half a tin of chopped tomatoes
1 tsp ground cumin
1 tsp ground coriander
½ tsp curry powder or paste
pinch of chilli powder
vegetable stock cube

Method:

1. Half fill a saucepan with water and bring to the boil.
2. Once bubbling add the rice and leave to cook on a medium heat.
3. Heat the oil in a large pot and add the chopped onion. Fry on a low heat for about 3 minutes or until lightly brown.
4. Next, add the curry powder, coriander and cumin. Cook on a medium heat for another 1 or 2 minutes, stirring all the while.
5. Now add the peach slices and some – *not too much*, of the juice from the tin, mix well.
6. Take the chopped tomatoes, and vegetable stock cube and add this to the mixture, stirring well and cooking on a low heat.
7. Next add chickpeas and cook on a medium heat until heated through.
8. If the curry is looking too dry add more of the juice.