**VEGETABLE CURRY**

**Ingredients**

1 onion

1 clove of garlic

1 large potato

1 red pepper

400g chopped tomatoes (1x tin)

220g chickpeas (½ tin)

25g frozen peas

1 tin coconut milk

1 tsp ground cumin

1 tsp curry powder

½ tsp

½ teaspoon chilli

Method

1.Heat 1 tbsp oilin a large pan

2.Add the onion and cook for a couple of minutes

3.Then add the dry spices (or curry powder/paste), the garlic and the ginger

4.You can add the chilli now if you all like spicy food (if not, add it at the end of the cooking time, after you have removed the children's portions

5.Cook for a further 2 minutes, to bring out the flavour of the spices

6.Add all the vegetables (except the peas) and stir well, then add the chopped tomatoes, chickpeas and sugar

7.Put the lid on the pan and simmer for around 30-40 minutes, stirring occasionally, until the vegetables have cooked through

8.Add a handful of frozen peas and the creamed coconut and heat through until it has melted into the sauce and the peas have cooked through

9.Add a little water, if the curry is getting dry

10.Remove the cardamom pods

11.Serve with chapattis or rice