

Vegetable Curry

Recipe

1 potato/sweet potato
1 tin chickpeas
1 tin coconut milk
50g frozen spinach /peas
1 tsp curry powder/paste

Method

- 1 Peel and chop potato.
2. Heat 1 tbsp oil in a saucepan.
- 2.Add the potato and cook for a couple of minutes.
- 3.Then add the curry powder and coconut milk stir well.
- 4.Simmer for 10 minutes, stirring occasionally, wash chopping board, knife and peeler and put them away.
5. Add the chickpeas and spinach/peas and heat through.