

# Vegetable & Chickpea Curry

Bialik College Kitchen Garden Program



## Ingredients:

- 2 onions, finely diced
- 4 carrots, sliced
- 1 cup Broccoli, cut in florets & stalk peeled and sliced
- 4 large potatoes, diced
- 5 Kale leaves, sliced
- 2 green chillies, chopped
- 2 cans chickpeas, drained
- 3cm ginger, peeled & grated
- 1 garlic clove, peeled & crushed
- 3 tablespoons Rice bran oil
- 1 teaspoon turmeric
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon mustard seeds
- 3 cups crushed tomatoes
- 2 cans coconut milk
- 1 teaspoon salt
- coriander, leaves picked

## Equipment:

- chopping board
- cook's knife
- vegetable peeler
- garlic crush
- grater
- metric measuring cups & spoons
- Large wok

## Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat oil in wok, add onion and cook until soft then add dry spices, garlic, chilli and ginger. Stir for 2 minutes.
3. Add carrots and potato, stir until coated in spices.
4. Add tomatoes, then coconut milk and cook until vegetables are starting to soften.
5. Add chickpeas and the remaining vegetables.
6. Cook until all vegetables are cooked and sauce has thickened.
7. Garnish with coriander leaves on top just before serving.