



### Serves: 4

# **INGREDIENTS**

1 onion, peeled and sliced
200g can pineapple chunks in juice
400g can chickpeas, drained
50g raisins or sultanas
300ml / ½ pint milk
1 eating apple, peeled, cored and chopped
Coriander, fresh, chopped
120g brown rice
300g mixed vegetables (or use frozen)

#### FROM YOUR STOCK CUPBOARD

Few sprays oil

1 tbsp mild curry powder

1 tbsp plain flour

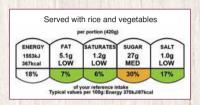
Salt and pepper to taste

# Chickpea and Pineapple Curry



## **METHOD**

- Heat a saucepan, give a few sprays of oil and fry the onion gently until softened.
- 2 Stir in the curry powder and flour and cook on a low heat for one minute.
- Add the juice from the pineapple slowly and mix to a smooth paste with a wooden spoon.
- 4 Add chickpeas, raisins, pineapple, apple and milk. Slowly bring to the boil, cover and simmer for 20 minutes. Stir in fresh coriander at the end.
- While the curry is cooking boil the rice, adding the mixed vegetables a few minutes before the end of the cooking time. Drain and serve.



# **TOP TIPS**

If you find this a bit sweet, swap the raisins and apple for some veggies – such as carrots and beans.

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