

Chickpea and Pineapple Curry





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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

METHOD

- 1 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.
- 3 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.
- 5 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.

Served with rice and vegetables

per portion (420g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1553kJ 367kcal	5.1g LOW	1.2g LOW	27g MED	1.0g LOW
18%	7%	6%	30%	17%

of your reference intake
Typical values per 100g: Energy 370kJ/87kcal

TOP TIPS

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