

# Chickpea and Peach Curry

## Ingredients for 2/3 people:

- 1 tbs of oil
- 1 large tin of chickpeas
- 1 large tin of peach slices
- 1 onion, finely chopped
- half a tin of chopped tomatoes
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 1/2 tsp of curry powder or paste
- pinch of chilli powder
- vegetable stock cube
- 225g of rice



Cost per person: 50p approx.

## Method

1. Half fill a saucepan with water and bring to the boil. Once bubbling, add the rice and leave to cook on a medium heat.
2. Heat the oil in a large pot and add the chopped onion. Fry on a low heat for about 3 minutes or until lightly brown.
3. Next, add the curry powder, coriander and cumin. Cook on a medium heat for another 1/2 minutes, stirring all the while.
4. Now add the peach slices and some - *not too much*, of the juice from the tin, mix well.
5. Take the chopped tomatoes and vegetable stock cube and add this to the mixture, stirring well and cooking on a low heat.
6. Next add chickpeas and cook until heated through (about 3-4 minutes) on a medium heat. If the curry is looking too dry add more of the juice.
7. Once the rice is cooked, take off the heat, drain in a colander and serve.