

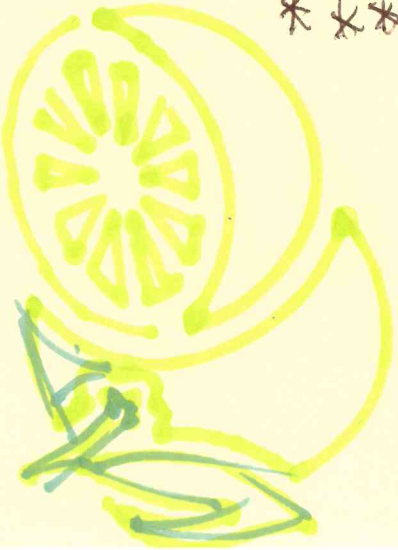
CHICKPEA & PUMPKIN CURRY



INGREDIENTS

- Chickpeas, 1 TIN
- Red onion, 1 large
- Garlic, 2x cloves
- Ginger, 1x thumb size
- Cumin 1tbsp
- Turmeric 1/4 tsp. } Spices
- Coriander 1tsp. }
- Salt (optional)
- Pepper 1tsp
- Peper Sauce (optional)
- Pumpkin, 2 palms
- Spinach, 2 hands
- Water, 2cups.

- * Brown rice
- * Lime
- * Coriander



METHOD

- Cook onion, Garlic, ginger in 2 little water/oil
- Add Spices + cook for 3mins
- Add Chickpeas + water - 25mins
- In a separate Dish cook pumpkin until soft.
- When chickpeas are ready add pumpkin + Spinach
- Serve with Brown Rice (Portioned)
- * Coriander + Lime to Garnish



(SERVES 2)