

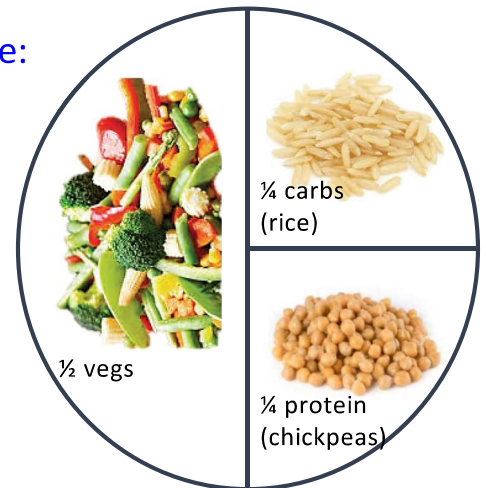
# Chickpea curry with rice

Batch cook – 4 meals

## Ingredients

- 1 large tin (400 g) of chickpeas
- 1 medium tin (270 mL) of LIGHT coconut milk (or half a big tin)
- 2 tablespoons of your favourite curry paste (red, green, Korma...)
- 1 bag (500g) of frozen stir fry vegetables
- Oil for cooking
- 1 packet (250 g) of microwave rice

## The healthy plate:



## Material

- To prepare the rice: microwave
- To prepare the curry: stove top + 1 non-stick pan with lid + 1 table spoon + 1 spatula
- To store the prepared meals: fridge + clean containers with lid

Tip: To help you keep your energy levels up, choose 'basmati' rice or 'long grain' rice instead of 'Jasmine' rice.

## Instructions

### 1. Prepare the sauce

- Place materials and ingredients on your benchtop.
- Spray the pan with oil and place over medium-heat.
- Add 2 heaped tablespoons of curry paste and cook stirring 1–2 minutes, until fragrant.
- Add light coconut milk and put the lid on the pan.

### 2. Put the curry together

- Drain the liquid from the chickpeas and them to the pan.
- When the coconut is boiling, add the vegetables and cook for 5 to 8 minutes. Taste one piece of vegetables to confirm cooked as wanted.
- Turn off the heat and divide into 3 to 4 serves (use clean containers with lid).

### 3. Prepare the rice and assemble the meal.

- Cook the rice according to packet instructions.
- Divide the rice into 3 to 4 serves and place in the containers with the curry.
- Store immediately in the fridge.

## Storage?

Ideally, eat the next day and heat until steaming hot before you eat. The curry without the rice will keep for 2-3 day days so you could skip part 3 in the instructions and use a microwave rice cups (1 cup = 1 meal) when you want to have your curry.



This recipe was developed by Maud A., Dietitian.