

Tenderstem and Chickpea Curry with Herby Rice

2 portions | 30 mins

Ingredients:

- 1 brown onion
- 2 cloves garlic
- Knob of ginger
- 2 tbsp vegetable oil
- 1 tbsp curry powder
- 4 tbsp tomato purée
- 400g tin of coconut milk
- 150g basmati rice
- 200g tenderstem broccoli
- 400g tin of chickpeas
- 15g fresh coriander
- ½ lemon

Start your curry

- Preheat the oven to 220°C.
- Pop a medium saucepan of water over high heat and season it with a good pinch of salt for your rice later.
- Peel and finely slice your onion and garlic. Peel and mince your ginger.
- Put another saucepan over high heat and pour in your oil. Tip in your onion, garlic and ginger and fry for 5 minutes or until the onion is softened and lightly golden.
- Sprinkle in your curry powder and add in your tomato purée. Cook them out for 2 minutes or until the spices are fragrant.
- Tip in your coconut milk and leave your curry to simmer while you make your rice.

Boil your rice

- Tip your rice into the pan of boiling water and cook for 10 minutes until just soft, or by following the packet instructions. Drain through a sieve when it's ready.
- Chuck your broccoli onto a roasting tray and pop it in the oven for 10 minutes, or until slightly charred.

Finish your curry

- Drain and rinse your chickpeas then chuck them into your curry along with your charred broccoli.
- Give your coriander a rough chop and stir it through your drained rice.

Serve

- Squeeze the juice of your lemon into your curry and season to taste with salt and pepper.
- Dish it up alongside your rice and serve!