



Chickpea and vegetable curry

A kind friend dropped this delicious curry to us once when I was not well, it was just what I needed at the time warming (with all the Indian spices) and comforting (with the soft potato and chickpeas). I liked it so much I asked if she would share the recipe, she did and it was actually a thermomix recipe, and as I do not have one of those, I used my ordinary old kitchen knife, mortar and pestle and saucepans to create my own version.

Ingredients

50g butter or ghee
2 cloves of garlic
3cm of ginger
1 tsp of cumin seeds
1 tsp of mustard seeds
1 tsp of ground turmeric
2 tsp ground coriander
1 tsp ground cinnamon
½ tsp of chilli powder
Rind of 1 lime
400ml of can coconut milk (use organic if possible)
1 tsp of sea salt
6 potatoes, washed and cubed
1 large of can chickpeas (use organic if possible or 2 cups cooked)
300ml water
80g peas, fresh or frozen
90g cauliflower, cut into small florets
50g pine nuts, toasted (optional)

Method

- Place the seeds into a saucepan on medium heat and dry roast for a couple of minutes. Then place into a mortar and pestle, set aside.
- Add lime rind, crushed garlic, and grated ginger to a pan with butter or ghee and saute for a few minutes at a medium heat.
- Add coconut milk, salt, potatoes, chickpeas, water, spices and cook for 20-30 minutes on a medium heat until soft.
- Add peas and cauliflower and cook for a further time on a low-medium heat at a bubbling simmer.

- Sprinkle with pine nuts and serve on a bed of organic brown rice.

Karen is a degree qualified Naturopath, Nutritionist & Herbalist. She has been working in clinical practice for the last 12 years. She is a member of the Australian Traditional Medicine Society (ATMS) and Naturopaths & Herbalists Association of Australia (NHAA). Karen is passionate about encouraging and guiding individuals to take control of their own health. She believes in educating people about their health conditions so they can feel truly empowered to make changes to their diet, health and lifestyle. Karen works at Northern beaches health & fertility on Thursdays and Saturdays. www.karenlatter.com.au