

Vegetable and Chickpea Curry with Poppy Seed Rice

2 Tbsp polyunsaturated oil e.g. soybean or canola
1 onion, thinly sliced
1 Tbsp fresh grated ginger
3 cloves garlic, crushed
1 tspn finely chopped chilli
½ tspn dried turmeric
2 tspn ground coriander
2 tspn garam masala
2 potatoes, cut into large cubes
2 carrots, cut into thick slices
2 courgettes, cut into thick slices
425g can chopped tomatoes
250ml vegetable stock
400g can chick peas, rinsed and drained
200g baby spinach leaves, washed
1 cup fresh or frozen peas

Poppy seed rice

1 ½ cup basmati rice
2 Tbsp poppy seeds
microwaved poppadoms to serve

Heat the oil in a large pot, add the onion and ginger and cook over a medium heat for 5 minutes or until soft. Add the garlic, chillies and spices and cook for a few minutes or until fragrant. Add the potatoes and carrots and cook until the vegetables are coated in the spices. Stir in the courgette, tomatoes and stock and simmer. Reduce the heat and cook uncovered for 15 minutes or until the vegetables are tender and the curry has thickened slightly. Add the chickpeas and stir. Add the peas and the spinach; cook just until the spinach wilts and the chickpeas are soft.

Poppy seed rice

Put the rice and poppy seeds in a saucepan, add 600ml of water and bring to the boil. Cover and cook over a high heat until tunnels appear in the rice. Reduce the heat to very low, cover and allow to steam for 10 minutes or until the rice is tender and all the liquid is absorbed. Serve the curry on top of the rice and accompany with microwaved poppadoms. Serves 4.

Health Habits: