

Serves: 4

## **Time**

**Preparation time 10 minutes** 

Cooking time 25 minutes

## **Ingredients**

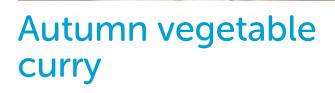
- 2 teaspoons sunflower oil
- 1 red onion, peeled and finely sliced
- 2 garlic cloves, peeled and crushed
- 250ml vegetable stock (made with 1 low-salt stock cube)
- 400ml reduced-fat coconut milk
- 2 heaped tablespoons medium curry powder (about 25g)
- 1 pinch chilli flakes
- 2 heaped teaspoons tomato purée
- 500g butternut squash, peeled, deseeded and cut into large pieces
- 250g carrot, peeled and cut into slightly smaller chunks
- 400g chickpeas, drained and rinsed
- 1 small handful coriander leaves, chopped (or 1 teaspoon dried)
- 1 small handful fresh mint leaves, chopped (or 1 teaspoon dried)

## To serve

225g uncooked brown basmati rice









## Method

- 1. Heat the oil in a large saucepan and gently fry the onions and garlic for 2–3 minutes until soft.
- 2. Pour vegetable stock and coconut milk into the saucepan, then add curry powder, chilli flakes and tomato purée. Stir well and bring to the boil.
- 3. Carefully add the butternut squash and carrot chunks, cover the saucepan with a lid, reduce the heat to low and simmer for 10 minutes.
- 4. Now add the chickpeas and continue to simmer for a further 5 minutes until the vegetables are tender.
- 5. Finally, sprinkle in chopped coriander and mint before serving with cooked basmati rice (cook according to packet instructions).

