



Broccoli and Chickpea Curry

This is a light, fresh curry with Thai Influences.
Increase the chilli flakes if you like a spicy dish.
Serves 2

- 1 small onion – sliced
- 1 clove garlic – finely grated
- 2 tsp finely grated root ginger
- 1 tsp curry powder
- Pinch of chilli flakes
- 1 tin chick peas, drained
- 4 tbsp coconut powder
- 200g button mushrooms
- 4 strips lemon peel
- ½ head of broccoli
- Juice of 1 lime
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 300ml water
- 1 tbsp coriander leaves



1. Fry the onion until starting to soften, add garlic, ginger, curry powder and chili flakes. Fry for 30 sec.
2. Add the mushrooms, broccoli & chickpeas, stir and add the water and coconut milk powder.
3. Add the lemon rind, stir everything together and simmer for 5 min without a lid to reduce the sauce.
4. Stir in the soy, fish sauce and lime juice, check the seasoning, scatter over coriander leaves and serve.

Hints, Tips and Variations

Wheat, gluten & dairy free

To make this dish vegetarian, omit the fish sauce and use a little extra soy sauce.

Try using edamame beans or green beans instead of mushrooms.

Use spinach or kale instead of broccoli

Use rice, noodles or vegetable noodles as an accompaniment.