

## **Chickpea + Veggie Red Curry**

### **Ingredients:**

- 2 x 400g cans chickpeas (good source of protein)
- 1 broccoli (source of vitamin c)
- 1 kumara
- 2-3 tbsp red curry paste (alter depending on how spicy you like)
- 1 x 400g coconut milk

### **Method:**

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Rinse chickpeas and place them onto the prepared baking tray. Roast in the oven for 15 minutes.
3. Cut kumara into small evenly sized cubes. Boil ½-1 cup of water on the stovetop. Place kumara into the boiling water and cook until soft then drain.
4. Chop the broccoli into small florets and combine in a large frying pan with kumara, red curry paste and coconut milk. Bring to the boil.
5. Once chickpeas are crispy, add to the frying pan and combine.
6. Serve with rice on the side and top with a handful of spinach. Another great alternative is putting it in a wrap along with spinach for a simple, delicious lunch.

This is one of my favourite lunches ever and super easy to whip up on a Sunday night. Swap out the kumara for your favourite veggies or the broccoli for a cauliflower. You could even add chicken for an extra hit of protein. This should last for a week and can be stored in the fridge. You could even have this for dinner if you need something quick and easy to make.