

Slow cooker vegetable & chickpea curry

Serves 4



Ingredients (allergens in **bold**)

- 2 onions, finely chopped
- 1 clove garlic, crushed
- 2 sweet potatoes, peeled and chopped into small chunks
- 2 carrots, scrubbed and chopped into small chunks
- 1 small head cauliflower or broccoli, broken into florets
- 1 **vegetable stock cube**
- 420ml water, boiled in a kettle
- 1 can chickpeas, drained and rinsed
- 1 can chopped tomatoes
- 2 tbsp tomato purée
- 2-3 tsp curry powder, depending on strength of the spice
- fresh coriander, chopped - optional
- salt and pepper

Method

1. Place the prepared onions, garlic, sweet potatoes, carrots and cauliflower or broccoli in the slow cooker.
2. Add the crumbled stock cube, the boiling water, drained chickpeas, canned tomatoes, tomato purée, curry powder and a pinch of salt and pepper.
3. Cook on low power for 6-8 hours until the vegetables are soft.
4. Taste and season the curry with a little more salt and pepper if required. Sprinkle on the fresh coriander if using.
5. Serve the curry with boiled rice or jacket potatoes or naan bread and side dishes like tomato salad or cucumber, mint and yoghurt dip.



Equipment

- sharp knife
- veg peeler
- chopping board
- kettle
- measuring jug
- slow cooker
- wooden spoon
- spoons

Recipe notes and tips

- Other seasonal veg can be added if you have them in the fridge, e.g. swede, courgettes, **celery**, leeks, new potatoes, frozen peas, spinach & butternut squash.
- Once cooked, the curry can be chilled and reheated the next day in a pan or microwave – make sure it is piping hot before serving!