



Beetroot Chickpea and Coconut Curry

Ingredients

- 350 g small beetroots, halved & thinly sliced
- 1 teaspoon Vegetable Oil
- 1 large onion, finely chopped
- 1 small stick of cinnamon
- 2 garlic cloves, crushed
- 1 teaspoon ground coriander
- 1 teaspoon chilli powder
- 2 teaspoons white vinegar
- 40 g Maggi Coconut Milk Powder, mixed with 200ml water
- 240 g tinned chickpeas, rinsed

Instructions

1. Heat the oil in a heavy-based saucepan over a high heat. Add the cinnamon stick, curry leaves and onion and cook the onion for 5 minutes or until translucent. Add the garlic and cook for another 3 minutes or until fragrant
2. Add the remaining ingredients apart from the chickpeas, cover, and simmer over a very low heat, stirring occasionally for 10 minutes or until the beetroot is tender.
3. Add chickpeas and cook for a further 5 minutes.

Nutrition

0 Minutes

Carbohydrate

4

Energy

Fat

Fibre

Protein

of which: saturates

Sodium

of which: sugars