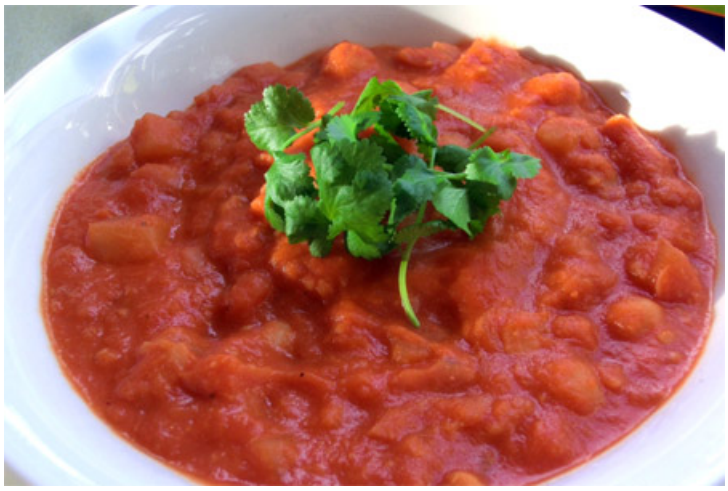
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by Liz Robb

Chickpea and potato curry



Ingredients

1 onion
1 tablespoon of oil or low calorie cooking oil spray
2 cloves of garlic
2 400g cans of chopped tomatoes
1 level teaspoon of cumin seeds
1 teaspoon of ground coriander
Half a teaspoon of cayenne pepper
Salt and freshly ground black pepper
2 cans of chickpeas
2 medium potatoes
3 heaped tablespoons of low fat Greek yoghurt
A handful of fresh coriander

Preparation

1. 1. Peel and chop the onion very finely. Heat the oil, or low calorie cooking oil spray if you want to lower the calories even further, in a saucepan over a low heat and cook the onion gently, stirring, for 5 minutes to soften it.
2. 2. Add the crushed cloves of garlic and cook for a further 2-3 minutes.
3. 3. Briefly blend the tomatoes, so that they are smoother but not completely liquidised, then add them to the pan and bring it to a simmer.
4. 4. Grind the cumin seeds, coriander and cayenne pepper together with a pestle and mortar, and stir the spices into the saucepan. Season with salt and black pepper. Spoon in the yoghurt and stir in well.
5. 5. Next, peel and chop the potatoes into very small dice. Drain and wash the canned chickpeas. Add both to the curry, stir in well and cook over a low heat for about 30-35 minutes, stirring occasionally to prevent the potato from sticking to the bottom of the pan. Check that the potato is cooked right through and the sauce has a thick consistency.
6. 6. Garnish with chopped fresh coriander and serve with basmati rice.
7. This curry is quite spicy so, if you prefer a milder flavour, add a little less of the spices or stir in extra yoghurt when you serve it.

Cooks Note

This healthy, filling and tasty curry is a great choice for a low fat vegetarian meal, or as a side dish to accompany other main dishes.

Chickpeas are grown and eaten in many regions of the world, and are used in cold dishes, like salads and hummus, ground to make gram flour, and especially popular in curries. They

make a brilliant addition to your diet, being high in protein and dietary fibre, and also contain other minerals, vitamins and nutrients.

So, why not give it a try for supper this week?