

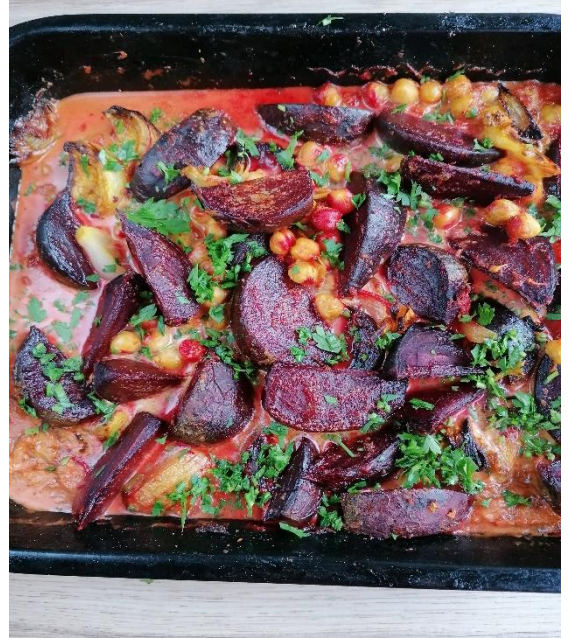


Beetroot, Chickpea & Coconut Curry

This is a great curry, not only is it made in one dish in the oven, it's also vegan/vegetarian and gluten free, not to mention delicious! Serve with rice, naan or roti.

Serves 4

- 1 large onion
- 600g beetroot, topped, tailed & cut into wedges
- 1 tin chickpeas, drained
- 2 cloves garlic, thinly sliced
- 5cm piece of ginger, finely grated
- 1 red chilli, chopped
- 1 heaped tsp ground cumin
- 1 heaped tsp ground coriander
- 1 heaped tsp ground ginger
- ½ tsp ground turmeric
- 1 tbsp vegetable oil
- 1 tsp salt
- 1 tin coconut milk
- Chopped coriander or parsley to serve



1. Pre heat the oven to 200C/400F/ Gas6.
2. Put all the ingredients except the coconut milk into a roasting tin or oven proof dish. Put into the oven and roast for 40 minutes, turning the mixture with a spoon half-way though.
3. Pour over the coconut milk and bake for a further 10 minutes.
4. Remove from the oven, taste and adjust seasoning, stir through the coriander or parsley to serve.

Hints, Tips and Adaptations

Re heat in a microwave, gluten free, dairy free

Spice the curry up or down by adjusting the chilli

Swap the chickpeas for any other beans

Swap the beetroot for carrots