

Easy Chickpea Curry

INGREDIENTS

1 finely chopped brown onion

3 cloves minced garlic

1 red chilli

1 tin tomatoes + refill the tin with water

1 tin full fat coconut milk (can sub for reduced fat if need to)

1 tin chickpeas

250g quorn or cubed firm tofu

100g spinach (can be frozen)

1tbsp cumin

1 tsp turmeric

1 tsp ground coriander

salt & pepper to taste

1 tbsp coconut oil

- Add the coconut oil to a medium pot, then add the finely chopped onion, then the chopped chilli and fry for 7 minutes
- Add the cloves, minced garlic and cook for a further 1 minute
- Add the cumin, turmeric and ground coriander followed by the quorn or cubed firm tofu and cook for a few minutes
- Pour in the tinned tomatoes, then fill the empty tin with water and pour into the pot, add the tinned chickpeas and bubble for around 5 minutes
- Add the coconut milk followed by the spinach and heat for a further 5 minutes then serve up







INGREDIENTS

3 large wholemeal wraps
1 red pepper, sliced
1 yellow pepper, sliced
1 courgette, sliced
1 aubergine, sliced
1 red onion, sliced
lceberg lettuce
Olive oil
1 tsp of smoked paprika

HUMMUS

1 can of chickpeas, drained and rinsed
3 garlic cloves, crushed
1 tsp of smoked paprika
2 tbsp of tahini
Juice from 1/2 lemon
70ml olive oil
Pinch of salt

- Preheat oven to 180°C/350°F, and line two baking trays.
- Scatter sliced peppers, courgette and aubergine onto the tray.
 Season with paprika and oil, and roast in oven for 10 minutes.
- Add sliced red onion to the trays, and place everything back in the oven for a further 10 minutes.
- Meanwhile, if making hummus, add chickpeas, garlic cloves, smoked paprika, tahini, lemon juice, 70ml of olive oil, and salt to a food processor, and blend until thick and creamy. Add more olive oil should you want it extra creamy.
- Assemble each wrap the night before you are eating it, by adding hummus first, then lettuce, followed by roasted veggies.
- Serve with fruit/veg of choice.





INGREDIENTS

(Makes 3 lunchboxes)

6 dollops of green pesto

180g baby potatoes

3 peppers

1 courgette

6 sausages

(veggie or other)

2 red onion

6 handfuls of Spinach

Olive oil

- Preheat oven to 180C/350F.
- Chop veg and scatter on a baking tray.
 Drizzle with olive oil
- Add the sausages between the veg and add 6 spoonfuls of pesto. Give it a stir and place in oven for 40 minutes.
- Add two handfuls of washed spinach into each lunchbox and separate the tray bake between the lunchboxes. Keep in the fridge until ready to eat (lasts 3-4 days).





INGREDIENTS

180g cooked couscous

1 can of butterbeans

1 teaspoon of paprika

1 pack of halloumi cheese

1 cucumber

60g sundried tomatoes

1 bag of rocket

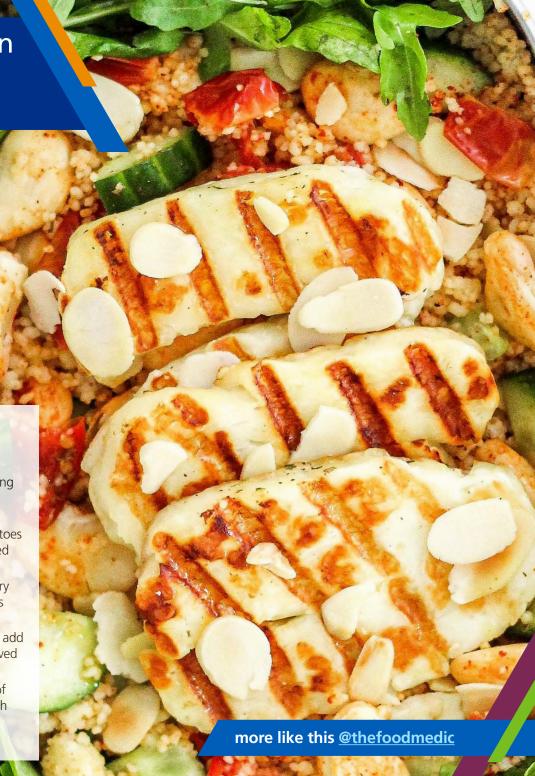
3 tablespoons of olive oil

1 tablespoon of apple cider or white wine vinegar

30g almond flakes (toasted)

Salt + Pepper

- Preheat oven to 180°C/350°F.
- Drain and rinse your butterbeans before tossing in paprika, + scattering on baking tray. Place in oven for 15 minutes.
- Chop cucumber and sundried tomatoes into small chunks, and add to cooked couscous + roasted butterbeans.
- Cut halloumi into about 9 slices, + fry or grill for 2-3 minutes on both sides until golden.
- Line lunchboxes with rocket, + then add couscous butterbean mixture, followed by the halloumi slices.
- Combine olive oil, vinegar, a pinch of salt and pepper and drizzle over each lunch box. Finish by garnishing with toasted almond flakes.





We have contacted two fantastic foodies, Lucy and lentils and Dr Hazel Wallace (The Food Medic) to suggest some recipes for our hardworking NHS family.



@lucy_and_lentils



@thefoodmedic

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