

## Chickpea and cashew korma with spicy rice



A mellow, spiced and vibrantly coloured dish perfect for the whole family.

Serves 4

Preparation time 10 minutes

Cooking time 30 minutes

Can be vegan\*

### Ingredients

- 2 tbsp vegetable oil
- 1 red onion, finely chopped
- 3 cloves of garlic, crushed
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp grated ginger
- ½ tsp mild chilli powder
- 1 sweet potato, peeled and cut into 2cm cubes
- 1 small cauliflower, cut into florets
- 1 red pepper, cut into pieces
- 1 yellow pepper, cut into pieces
- 1 standard can of chickpeas, drained
- 100g roasted cashew nuts (unsalted)
- 1½ vegetarian stock cubes, diluted in 1 litre of boiling water
- 100ml coconut milk
- 150g frozen peas
- 30g fresh coriander
- Salt and pepper to taste
- 1 tsp of cornflour (to thicken the sauce if preferred)
- 200ml low fat natural yogurt (or vegan yoghurt\*)

### Method

1. Gently heat the oil in a large pan and fry the onion, after 5 minutes add the garlic and continue to cook for another 2 minutes.
2. Add the turmeric, paprika, ginger and chilli and cook for another 2 minutes.
3. Add the sweet potato, cauliflower, peppers, chickpeas, cashew nuts, stock and coconut milk then bring to the boil.
4. Reduce the heat and simmer for 20 minutes stirring occasionally. If you would prefer a thicker sauce, mix 1 tsp of cornflour with a little water to make a paste. Add this to the Korma and gently stir in and cook for five minutes.
5. Add the peas and most of the coriander, saving a little for garnish, and cook for five minutes.
6. Add seasoning to taste and serve with a spoonful of natural yogurt and coriander to garnish.
7. Serve with spicy rice.

# Spicy Rice

Serves 4

Preparation time 5mins

Cooking time 30mins

Vegan

## Ingredients

1 tbsp vegetable oil

1 onion, finely chopped

1 cinnamon stick

½ tsp cumin powder

½ tsp coriander powder

250g brown rice

1½ litres of water

50g peas

## Method

1. Heat the oil in a large pan and gently fry the onion.
2. After 5 minutes add the spices and continue to fry for 2 minutes.
3. Add the rice and cover with water. Bring to the boil, and then simmer for 20 minutes until the water has been absorbed.
4. Finally add the peas and cook for another 5 minutes. Depending on the size of pan used, you may need to add a little more water.
5. Drain off any excess water and serve.

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