

# Chickpea, Cauliflower & Potato Curry

Warming and delicious



## Ingredients

- 1 potato
- 1 cauliflower
- Half an onion
- 2 garlic gloves
- 1 small cube of ginger
- 1 green chilli
- 1 sprig of thyme
- 1 tbsp olive oil
- 1 tbsp curry powder
- 1 tsp cumin
- 1 can chopped tomatoes
- 1 tin of chickpeas
- salt and pepper

## Method

1. Chop the potato and cauliflower into chunks of roughly the same size
2. Dice the onion, garlic, ginger and chilli
3. Using a large pan with a fitted lid, heat the oil
4. Add the thyme, onion, garlic, ginger and chilli
5. Stir in the curry powder and cumin
6. Add the potato, cauliflower and tomato and continue to cook on a medium heat with the lid on for 10 minutes
7. Add the drained chickpeas, season with salt and pepper, and heat through.
8. Serve and enjoy!

## Fun fact!

Chickpeas are high in fibre and protein, as well as being a good source of iron, folic acid and phosphorus



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