

Sweet Apple and Chickpea Curry

Some sweet inspiration for your next meat-free dish.

This delicious vegetarian curry is packed with flavour coming from the fragrant spices, fresh apples and creamy coconut milk. Chickpeas (a member of the legume family) are an economical source of plant protein that also contain complex carbohydrates, fiber and are loaded with phytonutrients. A plant powerhouse!

All ingredients can be found in your everyday pantry. Ideal for those cold autumn days!



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Ingredients

🕒 35 minutes

- 4 large golden delicious apples, cored
- 2 tsp (10 mL) olive oil
- 2 medium onions, finely chopped
- 1 tsp (5 mL) mustard seeds
- 1 Tbsp (15 mL) masala curry powder
- 1 tsp (5 mL) ground turmeric
- 2 tsp (10 mL) ground cumin
- 1 x 400 g tin chickpeas, rinsed and drained (or 1.5 cups cooked)
- 1 large red or yellow bell pepper, chopped
- 2 tsp (10 mL) vegetable stock powder
- 1x 400 mL tin reduced fat coconut milk (or use 1.5 cups low-fat yoghurt as an alternative)
- 1 cup (250 mL) water
- Salt and black pepper
- Optional: Fresh coriander leaves, roughly chopped

Method

1. Grate three of the cored apples.
2. Heat the olive oil in a large pan. Add the grated apples, chopped onions and cook until soft. Add all the spices to the onion and apple mixture, and cook for another 5 min. Add splashes of water if necessary.
3. Add the drained chickpeas, chopped bell pepper, stock powder, salt and black pepper. Stir and cook for another 2 min.
4. Add the coconut milk and water. Simmer covered until the curry has a creamy texture (about 30 minutes).
5. Finely slice the fourth apple and add to the curry. Heat through, mixing well.
6. Garnish with fresh coriander leaves and serve with a small portion of brown wild rice, bulghur wheat or quinoa and a freshly tossed green salad or a side of green vegetables.