Indian chickpea stew

Serves 4

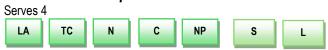| LA	TC	N	C	NP		S		L

1 cup (250 ml) white rice
water and salt to cook rice

1 T (15 ml) vegetable oil

1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 T (15 ml) curry powder
1 t (5 ml) ground ginger
5 medium tomatoes, chopped
3 baby marrows, chopped
1 small cauliflower, cut into florets
2 x 410g cans chickpeas, rinsed and drained
1 ½ cup (375 ml) water
salt and pepper to taste
1 T (15 ml) fresh lime juice
½ cup (125 ml) plain yogurt

1. Cook the rice until soft in lightly salted water following the instructions on the packet.
2. Heat the oil in a large frying pan over medium heat. Add the curry powder and ginger and keep on stirring until all is coated.
3. Add the tomatoes, baby marrows, cauliflower, chickpeas, water, and salt and pepper. Bring to a boil and then reduce the heat. Simmer until it thickens, stir occasionally.
4. Stir in the lime juice and serve stew with rice and yogurt.

Dietitian's notes:

- *This is a very tasty meat free meal that the whole family will enjoy.*
- *You can also enjoy it as a side dish with any protein meal.*
- *If you are on a neutropenic diet, only eat pasteurised yoghurt.*
- *The cauliflower and chickpeas can cause bloating, so be careful if you are on a light diet.*