

Beetroot, chickpea and coconut curry

Ingredients:

MAIN

1 red onion, peeled and sliced
500g beetroot
200g baby spinach and / or rainbow chard (finely chopped stems as required)
2tbsp thai green curry paste
3 garlic cloves
2 tsp finely grated ginger
1 tsp ground turmeric
1 tsp ground cumin
400g chickpeas
400g coconut milk
Lemongrass

SALAD

2 small cucumbers
1 red chilli, finely chopped
Small bunch coriander, finely chopped
8 mint leaves, finely chopped
1 lime

Optional side:

FLATBREAD

250g plain flour
1 tbsp chia seeds
150ml greek yoghurt
1 tbsp olive oil
Pinch of salt

Alternative side:

Use a low GI flour or brown rice.

Method:

Heat 1 tbsp olive oil in large saucepan. Add the onion. Cook gently for 8-10 minutes until starting to soften.

Trim and peel beetroot. Cut them into rough wedges or chunks.

Add the curry paste to the pan, along with garlic, ginger, turmeric and cumin. Fry for a couple of minutes. Add beetroot, chard stems, chickpeas and coconut milk. Season with salt and bring to a simmer.

Meanwhile pull the cucumbers into long ribbons with a veg peeler and mix them in a bowl with the chopped chilli, herbs, juice of the lime and a pinch of salt.

Bash the lemongrass stick to split root end open and sit in the pan to infuse the flavour. Simmer the curry gently for 30 minutes until beetroot is tender.

Remove the lemongrass stick and stir through the spinach and chard leaves at the end of the cooking so they are wilted through. Serve with salad and optional flatbreads.

FLATBREADS:

Mix flour, yoghurt, olive oil and salt in a bowl until it forms a soft dough.

Divide the dough into six balls. Roll each one out to 2-3mm thick, about the thickness of a £1 coin.

Cook each flatbread in a hot dry pan for 1-2 minutes per side until golden and slightly puffed.