

Recipe: Chickpea & Vegetable Balti



Makes 10 portions

Ingredient	Quantity	Ingredient	Quantity
Cauliflower (each)	1 items	Ginger (1kg)	10g
Country Range Chopped Tomatoes In Tomato Juice	350g	Garlic (per Kilo)	10g
Country Range Chickpeas In Water	150g	Vegetable (Rapeseed) Oil	10ml
Pepper - mixed x 3	150g	Fresh Coriander	8g
Onions - Red (per Kilo)	150g	Chef William Hot Curry Powder	5g
Tomato Paste	50g	Chef William Garam Masala Spice Mix	3g
Greens Frozen Choice Peas	50g	Chef William Ground Cumin	3g
Natural Yoghurt	50g	Chef William Chilli Powder	2g
Spinach Pack (200g)	50g		

Preparation method

Advanced preparation:

Cut the Cauliflower into florets

Drain and rinse the chickpeas.

Peel and chop the onion

Peel and crush the garlic

Peel and chop the ginger

Wash, deseed and dice the peppers

Wash and chop the coriander

Method:

1. To make the sauce place a pan over a low heat, add the oil followed by the onions, garlic and ginger and cook for 3 minutes, stirring occasionally.
2. Add all the dry spices and cook for a further 2 minutes, stir frequently to prevent burning.
3. Now add the peppers, frozen peas, chickpeas and cauliflower. Continue to cook for an additional 3-4 minutes.
4. Add the tomato paste and chopped tomatoes, bring to the boil, reduce the heat and simmer gently until fully cooked and thickened.
5. Finally reduce the heat, add the fresh spinach and mix, then add the natural yoghurt, chopped coriander and simmer.

Presentation: Garnish with additional chopped coriander sprinkled on top.

Chef's tip: The secret to a really great curry is cooking out the onions for as long as possible.

Chef's tip: If you can blend the chopped tomatoes it gives a more authentic texture

Allergen information

■ = present

■ = may be present

■ = information not available

