

Chickpea Curry

Serves: 3

Ingredients

1 red onion
1 clove of garlic
½ a thumb-size piece of ginger
½ a red chilli
1 tsp Xylitol (sugar substitute)
1 x 400g tin of chickpeas
200g green beans
1 tbsp curry powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp sweet paprika
1 x 400g tin of chopped tomatoes
1 x 400g tin of low-fat coconut milk
1 tsp salt
½ tsp ground black pepper
a handful of coriander
zest of ½ a lime
juice of ½ a lime



Directions

Peel and chop the onion & garlic. Peel and grate the ginger. Thinly slice the chilli. Drain and rinse the chickpeas. Trim the green beans and cut into bite size pieces.

Put 3 tbsp of water to a hot pan, add the prepared onion, garlic, ginger, chilli and Xylitol. Cook for 2 minutes, until they get soft, stirring continuously.

Mix all the spices in a small bowl/cup and add in. Cook for 30 secs, continuing to stir, ensure they do not burn.

Add in the drained chickpeas, green beans, chopped tomatoes, coconut milk, salt and pepper and simmer for 20 minutes. Stir occasionally.

Chop the coriander and add to the pan along with the lime zest and juice just before serving.

Nutrition Facts

Calories	260
Saturated Fat	3g
Net Carbohydrates	15g
Protein	11g