



Recipe from Jenny's Kitchen

The perfect meal to warm up
the mind, body & soul...

Prep time: 10-15 min

Cook time: 35-45 Min

Serves: 6+

**To Serve: Handful Coriander Leaves &
cooked Basmati Rice/Naan Bread**

Method

Peel the kumara and cut into 2 cm chunks.
Heat cooking oil in a large sauté pan or pot, add
chopped onion, Jenny's Kitchen Tamarind
Chutney and curry powder.

Fry for 3 minutes, stirring regularly until onion
just starts to soften. Stir in the kumara and
garlic, fry for a further 5 minutes.

Add chickpeas, coconut cream, diced tomato,
vegetable stock and salt. Stir to combine and
bring to the boil, then reduce heat cover with a
lid and simmer for 20 minutes.

Remove lid, stir in the broccoli florets, turn up
heat to medium and cook uncovered for 5-10
minutes until the broccoli is just cooked.

Season to taste and scatter with chopped
coriander. Serve with basmati rice and/or naan
bread.

Easy Kumara, Chickpea and Tamarind Curry

Ingredients

- 2 medium kumara (600g)
- 2 tablespoons cooking oil
- 1 onion, chopped
- 4 tablespoons Jenny's Kitchen
Tamarind Chutney
- 1 tablespoon curry powder
- 4 cloves garlic, thinly sliced
- 2 cans chickpeas, drained (400g)
- 1 can coconut cream (400ml)
- 1 can diced tomatoes (400g)
- 1 cup vegetable stock
- 1 teaspoons salt
- 1/2 a broccoli, cut into florets



Warming and aromatic...this
easy vegetable curry will feed
the whole family.