

# Let's get cooking with



**Healthworks**  
the community health charity

## Chickpea and Potato Curry

### What you need:

- 1 medium onion finely chopped
- 1 medium potato finely chopped
- 2 tins chickpeas
- 1 tin chopped tomatoes
- Half teaspoon turmeric powder
- Half teaspoon curry powder
- Half teaspoon of coriander powder
- Fresh coriander to garnish
- Oil for frying



Substitute as necessary if you have an allergy to any of the ingredients

### How to prepare:

1. Fry onions in oil for a few minutes
2. Add all spices to the onions with half a cup of water and bring to the boil
3. Add the tinned tomatoes, chickpeas and potatoes and mix together well
4. Cover the pot with the lid and simmer for 20 minutes

### Top tip/s:

- Garnish with coriander and serve on it's own or with chapattis.

# Enjoy!

From the Community Skills Team  
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