

Egg & Chickpeas Curry

by Ell'o

Ingredients

- 1 tbsp. Veg. Oil
 - 2 garlic cloves ,crushed
 - 1 large carrots, sliced
 - 1 apple , cored and chopped
 - 1 tbsp. Medium hot curry powder
 - 1 tsp. Finely grated ginger root
 - 2 tsp paprika
 - 900 ml vege. Stock
 - 2 tbsp. Tomato püree (paste)
 - ½ small cauliflower , broken into florets
 - 475 g chickpeas, linsed and drained
 - 30 g sultanas
 - 2 tbsp- cornflour
 - 2 tbsp water
 - 4 hand boiled eggs , quartered
 - Salt and pepper
 - Paprika, to garnish
- Cucumber Dip
 - 7,5 cm piece cucumber , chopped finely
 - 1 tbsp. Chopped fresh mint
 - 150 ml. Natural yoghurt
 - Sprigs of fresh mint to garnish

Method

1. Heat the oil in a large saucepan and fry the garlic , onions, carrots and appled for 4-5 min, until softened
2. Add the curry powder , ginger and paprika and fry for 1 min.
3. Stir in the vege. Stock and tomato püree
4. Add the cauliflower , chickpeas and sultanas . Bring to boil , the reduce the heat and simmer , covered , for 25-30 min until vegetable are tender.
5. Blend the cornflour with the water and add the the curry , stirring until thickened. Cook gently for 2 min. Season to taste.
6. To make the dip , mix together the cucumber, mint and yoghurt in a small serving bowl.
7. Laded the curry on to four warmed serving plates and arrange the eggs on top . Sprinkle with a little paprika . Garnish the cucumber and mint dip with the mint and serve with the curry