

# Quick vegetarian curry

Total time **30 mins** 15 mins preparation time 15 mins cooking time

Nutritional facts (per portion):  
**1307 kJ / 312 kcal**

Fat: **15.6 g** Protein: **11.0 g**  
Carbohydrates: **37.7 g**

## INGREDIENTS

4 portion(s)

<b>60 ml</b>	<u>Kikkoman Naturally Brewed Organic Soy Sauce</u>
<b>125 ml</b>	coconut milk
<b>4 tsp</b>	corn starch
<b>250 g</b>	chopped onion
<b>1 tsp</b>	grated fresh ginger
<b>1</b>	large clove of garlic, crushed
<b>2 tbsp</b>	curry powder
<b>450 g</b>	fresh vegetables, chopped into circular pieces
<b>1</b>	can of chickpeas, drained and rinsed
	Almond flakes to garnish

## PREPARATION

### Step 1

Mix the soy sauce and corn starch in 250 ml water.

### Step 2

Heat the oil in a wok or a deep pan on medium heat. Add the onion, ginger and garlic and a sprinkle of curry powder and stir-fry for one minute. Add your selection of vegetables and stir-fry for around 4 minutes or until the vegetables are sufficiently tender. Add the chickpeas and the soy sauce and coconut milk mix and bring to the boil. Allow to boil while stirring for around 1 minute until the chickpeas are heated through.

### Step 3

Garnish with almond flakes and serve with rice and mango chutney if desired.