

Quick vegetarian curry

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

Nutritional facts (per portion):

1,307 kJ / 312 kcal

INGREDIENTS

4 portion(s)

1

60 ml <u>Kikkoman Naturally</u>

Brewed Organic Soy

<u>Sauce</u>

125 ml coconut milk

4 tsp corn starch

250 g chopped onion1 tsp grated fresh ginger

large clove of garlic,

crushed

2 tbsp curry powder450 g fresh vegetables,

chopped into circular

pieces

1 can of chickpeas, drained

and rinsed

Almond flakes to garnish

Fat: **15.6** g Protein: **11.0** g

Carbohydrates: 37.7 g

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.