KIKKOMAN

Quick vegetarian curry

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

Nutritional facts (per portion):
1,307 kJ / 312 kcal

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

INGREDIENTS

4 portion(s)

60 ml	Kikkoman Naturally Brewed Organic Soy Sauce
125 ml	coconut milk
4 tsp	corn starch
250 g	chopped onion
1 tsp	grated fresh ginger
1	large clove of garlic, crushed
2 tbsp	curry powder
450 g	fresh vegetables, chopped into circular pieces
1	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.