

QUICK CHICKPEA AND FENNEL COCONUT CURRY

This is a super meal for bone strength, hormone regulation, anti-inflammatory, high fibre and good bowel health.

Total time is approximately 45 mins.

Serves 4

Freezes well

Ingredients:

2 tins chickpeas, drained and rinsed

1 large onion, chopped

2-4 cloves garlic, crushed

1 large fennel bulb, cut into chunks

2-3 tsp turmeric

2-3 tsp ground cumin

2-3 tsp ground coriander

1 tbsp coconut oil (or olive oil)

1 tin coconut milk

½ pint water (aprox)

Method:

Heat coconut oil in a large pan and when melted, add the onion and garlic. (If using olive oil, add onion and garlic before turning on heat).

Cook for a few minutes until onion softened, then add in the spices. Fry all together for 2-3mins – if it gets a little dry then add a tbsp of water.

Stir in the fennel, chickpeas and water. Bring to boil then reduce heat and simmer with lid on for approx 15-20mins (until fennel is tender). A longer cooking time on a lower heat will give a better flavour.

Add the coconut milk and simmer with the lid off for a short while to reduce liquid if necessary.

Add pinch of sea salt to taste and if a hot spicy flavour is desired, add a pinch of cayenne pepper.

Serve with Brown rice