



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

THAI CHICKPEA STIR-FRY ON RICE

SERVES 4-5



INGREDIENTS

- 1 cup rice (white or brown)
- 1-3 cans chickpeas
- Cooking oil

Any combination of vegetables:

- Capsicum
- Cabbage
- Onion (peeled)
- Zucchini/courgette
- Carrot

Thai curry sauce Ingredients:

- 2 Tbsp Thai curry paste (red or green)
- 1 can coconut cream (light if available) coconut milk, coconut flavoured reduced milk
- 1 can tomatoes (optional)

METHOD

Read instructions carefully so that rice and stir-fry are ready to eat at the same time.

1. Cook rice. * Do not remove lid while rice is cooking.
Microwave: Put rice into a microwave safe bowl with 1 tsp salt and 1 tsp of vegetable oil or butter. Add 2 (white rice) or 3 (brown rice) cups of boiling water and stir. Cover and microwave on High for 12 (white rice) or 25 (brown rice) minutes. OR
Boil: Put rice, 2 cups water and 1 tsp salt into a pot. Bring to the boil, stirring regularly. Cover. Simmer on Lowest possible setting for: 15 (white rice) or 25 (brown rice) minutes.
2. While rice is cooking, use knife and chopping board to slice 4 cups of vegetables. Place prepared vegetables in a bowl, set aside.
3. Drain and rinse chickpeas in colander.
4. Heat 1 Tbsp oil in frying pan. Add vegetables and fry for 5-10 minutes until vegetables have heated through but are still crunchy.
5. Add chickpeas and sauce ingredients and simmer for 2-3 minutes.
6. Serve over rice.