

Chickpea curry

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This vegetarian curry is simple to make and tasty, too

Serves 4

Ready in 30 minutes

Nutrition information per serving:

Energy 260kcal

Carbohydrate 39g

Fat 9g

Ingredients

- 2tbsp sunflower oil
- 1 large onion, chopped
- 2tbsp Asda curry powder, mild or medium
- 400g can Asda chopped tomatoes with garlic
- 350g new potatoes, boiled and cut into 1cm cubes
- 400g can chickpeas, drained
- 2tbsp lemon juice
- 2tbsp Asda mango chutney plus, if desired, extra for serving
- Naan bread, to serve

Instructions

1. Heat the oil in a saucepan, add the onion and cook until soft. Add the curry powder and stir over a low heat for 1 minute.
2. Add the canned tomatoes and 50ml water. Cover and simmer for 10 minutes. Add the potatoes, chickpeas and lemon juice, and simmer, uncovered, for a further 10 minutes.
3. Stir in the mango chutney and serve with naan bread and, if desired, more mango chutney.



Vegetarian chilli with rice

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Packed with vegetables for a satisfying dinner

Serves 4

Ready in 25 minutes

Nutrition information per serving:

Energy	350kcal
Carbohydrate	46g
Fat	12g

Ingredients

- 3tbsp olive oil
- 1 red onion, chopped
- 3 sticks celery, sliced diagonally
- 1 aubergine, topped and tailed and cut into 1cm pieces
- 1 yellow pepper, deseeded and cut into bite-size pieces
- 1 green pepper, deseeded and cut into bite-size pieces
- 400g can Asda Chopped Tomatoes with Chilli and Peppers
- 1-2tsp Asda Crushed Chillies, or to taste
- 200g Asda Frozen Sweetcorn Kernels
- 2 x 290g cans Asda Chilli Beans
- boiled rice, to serve

Instructions

1. Heat the oil in a pan, add the onion and cook until translucent. Add the celery and aubergine and stir so that everything is coated. Cook over a low heat, stirring frequently, for 5 minutes.
2. Add the peppers, tomatoes, chillies and sweetcorn, heat until boiling and simmer, covered, for 5 minutes. Stir in the beans (in their sauce) and simmer for 5 minutes. Serve with boiled rice.



Veggie bean tacos

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Serves 6

Ready in 20 minutes

Nutrition information per serving:	
Energy	255kcal
Carbohydrate	35g
Fat	9g

Ingredients

- 1tbsp sunflower oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, deseeded and chopped
- 400g Asda red kidney beans, drained and rinsed
- 200g sweetcorn, drained
- 400g chopped tomatoes
- 30g pack Asda Fajita Seasoning Mix
- 135g pack taco shells

Instructions

1. Heat the oil in a large pan and gently fry the onions for 5 minutes until softened. Add the garlic and cook for 1 minute more.
2. Stir in the pepper, beans, sweetcorn, tomatoes and seasoning mix. Pour in 50ml water, bring to the boil then cover and simmer for 5 to 10 minutes. Served in the warmed taco shells with green salad, sour cream and lime wedges

