

## Jane's Slow Cooker Vegetable & Chickpea Tikka Curry Served With Brown Rice

Serves 2 to 3 people

Approximate:

Carbs: 54.2g

Fat: 14.4g

Protein: 19g

Fibre: 16g

400 kcal per serving



Super tasty, healthy dish full of goodness. This winter warmer is packed full of protein, vitamins and fibre and will leave you feeling full and nourished!

### **Ingredients**

1x 400g Tin of Tomatoes

1x 400g Tin of Coconut milk/ full fat used in this recipe

1x 400g Tin of Chickpeas - drained

1x Chopped Frozen Spinach (3 cubes) - Handful

1x 1 whole cauliflower - chopped into big chunks / frozen also works

1x Good handful of Chestnut Mushrooms, chopped into quarters

1x Red onion chopped

1x Tikka Paste (as per instructions on jar/tub)

### **Accompaniment**

Brown rice (cook as per instructions on packet)

Fresh Coriander chopped to taste

Pop all the curry ingredients in the slow cooker, switch on and occasionally stir. Leave for about 4 hours and viola - lovely tasty stew!