




Product Spotlight: Chickpea Flour


Chickpea flour, also known as besan flour, is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



4 Tomato Keema Curry with Chickpea Flatbread

Curried lentils with tomatoes and sweet potato served alongside freshly baked chickpea flatbread.

 35 mins

 4 servings

 Plant-Based

1 March 2021

Spice it up!

You can serve this dish with some chutney or a dollop of coconut yoghurt if you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 20g **TOTAL FAT** 8g **CARBOHYDRATES** 69g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
RED ONION	1
SWEET POTATOES	600g
TOMATOES	2
GREEN CAPSICUM	1
CURRY LEAVES	2 fronds
RED LENTILS	100g
TOMATO PASSATA	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic cloves (2), cumin seeds, curry powder

KEY UTENSILS

large frypan with lid, oven tray

NOTES

The batter should be thickened before you pour onto the lined tray. You can also add other spices such as fennel seeds and garlic flakes on top before baking.

If the lentils start to dry out before they are tender, add more water and season as needed.



1. COMBINE FLATBREAD MIX

Set oven to 180°C.

Whisk together chickpea flour and **3/4 cup water**. Set aside for 10 minutes. (see notes)



2. PREPARE VEGETABLES

Meanwhile, slice the onion. Dice sweet potato (2cm dice) and tomatoes. Chop **2 garlic cloves**

Dice capsicum and keep separate (for garnish).



3. BAKE THE FLATBREAD

Line an oven tray with baking paper and drizzle with **oil** (to prevent sticking). Pour chickpea batter onto tray and spread with spatula (20cm wide). Drizzle over **olive oil**. Sprinkle with **cumin seeds** and **salt**. Bake for 20–25 minutes until golden and crisp around the edges.



4. SAUTÉ THE AROMATICS

Heat frypan over medium–high heat with **1 tbsp oil**. Add onion, sweet potato and curry leaves. Cook for 5 minutes until onion has softened.



5. ADD LENTILS & SIMMER

Add **2 tbsp curry powder**, garlic, and lentils to pan. Add tomato passata along with **1 1/2 cups water**. Cover and simmer for 15 minutes or until lentils are tender (see notes). Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Break apart flatbread and divide among bowls with curry. Top with fresh capsicum.

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