

June 2020

Keto Meal Plan Main Meal

Coriander & Chickpea Curry

Ingredients:

- 200 gms canned chickpeas (rinsed).
- 1 ½ cups chopped tomatoes (no added sugar).
- 1 red onion (chopped).
- 1 red pepper (chopped).
- 4 garlic cloves.
- 6 tbsp grapeseed oil.
- 2 tsp coriander (ground).
- 2 tsp ginger (ground).
- 2 tsp garam masala.
- 2 tsp cumin (ground).
- ¾ tsp salt.
- ½ tsp turmeric (ground).

Instructions:

- In a blender, add pepper, garlic and ginger; blend until minced and add the onion, blend until chopped.
- Heat the oil in a large saucepan, add onion mixture and cook until softened. Add turmeric, cumin and coriander and cook for an additional 2-3 minutes.
- Blend the tomatoes until finely chopped, add salt and add to saucepan. Simmer 4-5 minutes.
- Add the chickpeas and garam masala; simmer for 6-7 minutes.

Total Time: 15 minutes

Nutritional Information:

Total servings - 6

Per serving:

Fat: 16g

Carbohydrates: 14g

Protein: 6g

Calories: 279

Retail Store

Greenroots Centre
1159 John Voster Rd
Weltervredenpark, 1709

Herbology South Africa (PTY) LTD
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Office Address

2 Waterdraer Rd
Sundowner
2188