



## RECIPE

### NICE N EASY | VEGETABLE CURRY VEGETABLE CURRY BUNNY CHOW

#### QUANTITIES OF INGREDIENTS - YOU WILL NEED

- 2 x tablespoon sunflower oil
- 1 x teaspoon salt
- 1 x heaped teaspoon Garam Masala
- 2 -3 x heaped tablespoons tinned chickpeas - drained
- 1 x teaspoon fresh chillies finely chopped in oil  
(Depending on heat preference)
- 2 x tablespoons chopped coriander
- 2 x ciabatta rolls

#### HOW TO PREPARE YOUR CHICKPEAS

1. In a pan, add your x 2 tablespoons of sunflower oil and heat on medium heat.
2. Once heated, add the garam masala, chopped fresh chilli, mix and let fry until all have fused together with oil.
3. Decant tinned chickpeas from tin, drain and rinse. Once the oil paste is hot and ready, throw in the chickpeas and stir.
4. Now, add chopped coriander and allow to fry until the chickpeas have become brown and crispy. (aprox 10 minutes) Near the end, you can increase the heat to give the chickpeas one last coating of crispiness.
5. Microwave your vegetable curry for 6 minutes and whilst that heats up, let's prepare your rolls.



6. Using a sharp knife, square and quarter the inside of the rolls. Make sure to not cut through the rolls. We need to create a bread-like basket that will hold the stuffing.
7. Using a spoon or your fingers, remove the inside of the bread roll, making sure to not remove the bottom crust.
8. By now your curry should be ready. Remove from microwave and gently pack the rice into the base of each roll. This is optional. Some of you might not want to eat the rice in the roll.
9. Now take the vegetable curry and gently decant it into your pan with the delicious crispy chickpeas. Give it a stir so that you collect all that wonderful 'gooey' stuff at the bottom of the pan.
10. Now you can spoon the chickpea and vegetable curry mixture into your roll and don't forget to drizzle the remaining oil from the pan over the top of your bunny chow; that's the uber delicious stuff! You don't want to waste that!

And you are ready to chow. Delicious, comforting food for a winter day or night!

**Just remember, you don't always have to share! #justsaying**