Potato and Chic Pea Curry

Season: All Year
Type: Bread
Difficulty: Medium
Serves: 6 or 15 tastes
Recipe source: taste

What to do:
- Prepare vegetables as stated above
- Place potato in a saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 8 to 10 minutes or until tender. Drain.
- Heat oil in a large frying pan over medium-high heat. Cook onion, stirring, for 2 to 3 minutes or until softened.
- Add garlic, cumin, mustard and turmeric. Cook for 1 minute or until fragrant.
- Add stock and tomato. Bring to the boil. Reduce heat to low. Simmer, covered, for 15 minutes or until sauce has thickened.
- Add potato and chickpeas
- Season with salt and pepper.
- Cook, stirring, for 3 to 4 minutes or until heated through. Top with parsley. Serve.

Equipment:
- Knives
- Chopping boards
- Vegetable peeler
- Spoon measures
- Cup measures
- Frypan
- Saucepan
- Colander
- Wooden spoons

Ingredients:
- 700g potatoes, peeled, cut into 2cm pieces
- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1/2 teaspoon ground turmeric
- 2/3 cup vegetable stock
- 400g can crushed tomatoes
- 400g can chickpeas, drained, rinsed
- 1/2 cup fresh parsley