

<b>RECIPE:</b> <b>Spicy rice chickpea onepot</b>	<b>Serves: 4</b>
<b>INGREDIENTS</b> 1 mug plain flour (for chapatis) 400 g tinned tomatoes (1 tin) 160 g brown/white rice (3/4 mug) 40 g raisins (1/2 mug) 400 g chickpeas (1 tin) 100 g 1 onion 50 g red dried lentils (1/2 mug) 1 tbsp garam masala/curry paste/powder 1 tsp stock powder (1 stock cube) 750 ml water (2 tins) <b>OPTIONAL EXTRAS (don't worry - not essential!)</b> 1 tbsp lemon juice 2 garlic cloves 1 bay leaf 1/2 tsp cinnamon 1 tsp ginger	<b>METHOD</b> <b>CHICKPEA HOTPOT</b> Chop and fry the onion in a little oil. Add all the ingredients to the casserole dish and bring to the boil on the hob.  Turn down the heat and simmer for about 25-30 minutes on a hob or 50-60 minutes in the oven at 180°C gas mark 5.  Check after 20 minutes to see if need more water and give it a quick stir. If heat is too high more water will evaporate and rice will stick to the bottom.
<b>Equipment required</b> Knife and chopping board Casserole dish or large pan Wooden spoon, large bowl Mug Measuring spoons Sieve	<b>Chapatis (4 large flatbreads or 6 small)</b>  <b>1 mug plain flour</b> <b>1/4 mug of cold water</b> 2 tbsp of oil (use sunflower or flavoured oil) Pinch of salt Cumin / nigella seeds optional
<b>HINTS AND TIPS</b> A range of flours can be used for chapatis Replace raisins with sultanas or cashew nuts. Replace chickpeas with red kidney beans/baked beans Repalce spices with smoked paprika & cumin.	   Mix all the ingredients together into a dough and knead for 5-10 minutes until smooth. Preferably leave the dough to rest for at least 20 minutes. Divide into 4 or 6 and roll out flat. Dry fry in a pan for 30-60 seconds each side - no extra oil required Wrap the flatbreads in a tea cloth or foil to keep warm. Wraps can be frozen, defrosted and reheated.