

CURRIED WINTER VEG CHOWDER

Popular in North America but with French origins (it's thought the name comes from the French word for cauldron - chaudron), chowder is a hearty meal in a bowl. Our curried vegetarian version uses cheap and cheerful winter veg and is just the thing to warm you up in the depths of January.

Prep
25 mins

Cook
50 mins

Heat


Serves
4

1 **large onion or leek** - finely chopped

1 **large carrot** - peeled and finely chopped

2 **cloves of garlic** - finely chopped

1 **red chilli** - seeds removed and finely chopped

750g **mixture of floury potatoes and parsnips** - peeled and cut into bite-size pieces

1 **lemon**

Roughly chopped **coriander** to serve

500ml **milk** (any type)

50g **butter**

Natural yogurt to serve

400g **tin of chickpeas** - drained

1 Fry the onion and carrot in the butter for 10 minutes or until soft and beginning to brown

2 Stir in the garlic, chilli, 3 tsp **HALDI BLEND** and 2 tsp **METHI BLEND** and cook for 1 minute or until the garlic and chilli are soft

3 Stir in the potatoes, parsnips, 500ml water and 1 tsp salt then cover and simmer for 30 minutes or until the potatoes and parsnips are completely soft

4 Mash the potatoes and parsnips up a bit then stir in the milk and chickpeas. Cover and simmer for 5 minutes or until the chickpeas are completely hot through

5 Squeeze the juice of the lemon into the chowder then serve in bowls topped with yogurt and coriander

3 tsp



HALDI BLEND

2 tsp



METHI BLEND

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EXTRAS
#21

ALSO WORKS A TREAT WITH...

Sweetcorn or ready-cooked
lentils in place of the chickpeas

RAISE YOUR GAME BY...

Adding 100g finely chopped bacon
with the onion or 250g diced
smoked fish with the chickpeas



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