

Low FODMAP Vegan Coconut & Pumpkin Curry with Roasted Chickpeas

Serves: 4

Prep: 20 minutes

Cook: 40 minutes



Ingredients	Metric	Imperial
Japanese pumpkin or sweet potato, chopped in 1-2cm chunks	240 g	8.5 oz
2 large carrots, roughly chopped	240 g	8.5 oz
Eggplant, chopped into 2cm pieces	165 g	5.8 oz
½ bunch fresh coriander	8 g	0.3 oz
1 tbsp olive oil	18 g	0.6 oz
¾ cup canned chickpeas in water, rinsed	125 g	4.4 oz
1 tbsp olive oil	18 g	0.6 oz
¼ tsp chilli flakes	1 g	0.03 oz
1½ tsp ground coriander	3 g	0.1 oz
1 tsp ground turmeric	2 g	0.07 oz
1 tsp ground cumin	2 g	0.07 oz
2 tsp crushed ginger	4 g	0.1 oz
1½ tbsp garlic infused olive oil	27 g	1 oz
½ cup spring onion, green tips only	22 g	0.8 oz
Canned coconut milk	240 g	8.5 oz
1 low FODMAP vegetable stock cube - dissolved in 250ml water		
1 dried bay leaf	2 g	0.07 oz
1 tbsp soy sauce	20 g	0.7 oz
2 tbsp tomato paste	40 g	1.4 oz
1 lime, zest and juice		
2 tsp cornflour	5 g	0.2 oz
1 tsp sugar	5 g	0.2 oz
1 ½ cups white rice, cooked	285 g	10.1 oz

Method

1. Preheat oven to 180°C (356°F). Place the chickpeas and eggplant into the preheated oven. Roast for 10 minutes, then flip the eggplant (top should be starting to brown) and turn the chickpeas (by shaking). Cook for a further 10 minutes or until the chickpeas are evenly brown, and the eggplant is cooked on both sides.
2. While the eggplant and chickpeas roast, start cooking your curry. Place the rice on to cook according to pack instructions. Heat a large frypan over medium heat. Add the spice and garlic infused oil mixture to the frypan along with the spring onions. Fry for one to two minutes or until fragrant. Add the coconut milk and low FODMAP stock along with the soy sauce, bay leaf and tomato paste. Mix well. Then add the pumpkin and carrots. Bring to a simmer and then turn down to medium low heat. Cover with a large lid. Allow to cook for 20 minutes, stirring occasionally. If the sauce looks like it is getting too dry, turn down the heat and add a splash of water.

3. After 20 minutes check to see if the vegetables are soft (if they aren't soft continue cooking for another 5 to 10 minutes). If the vegetables are soft, then dissolve 2 teaspoons of cornflour (cornstarch) in 2 tablespoons of warm water and mix through the curry to thicken. Zest the lime while the sauce thickens. Then remove the curry from heat, and mix through the lime zest and juice. Add a pinch of sugar to the sauce if needed and remove the bay leaf. If you like your curry hot, then now is the time to add more chilli flakes if desired. Fold through the cooked eggplant.
 4. Serve the curry on top of the rice, and garnish with fresh coriander and the roasted chickpeas. If you have any leftovers, you can freeze them to eat at a later date.
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Hints

- Buy tinned coconut milk and check for high FODMAP ingredients like inulin.
- Make sure you get canned chickpeas in water. These are lower in FODMAPs because the oligosaccharides leach out of the bean and into the water (just make sure you rinse them well).
- Check your ginger puree does not include garlic.
- Buy low FODMAP vegetable stock cubes (look for Monash FODMAP certified brands).
- Gluten free option for Coeliacs: Check that your dried spices, vegetable stock, and soy sauce are gluten free.

Nutrition Information (per serve)	
Energy	1970 Kj / 471 cal
Protein	8.40g
Carbohydrates	38.90g
Sugar	12.00g
Total Fat	29.50g
Saturated Fat	11.90g
Fibre	8.00g