Potato Coconut Curry

The addition of potatoes in this curry helps create a creamy weeknight meal. The addition of chickpeas adds protein for a hearty vegetarian meal.

2 tbsp (25 mL) butter
1 onion, chopped
3 cloves garlic, minced
1 tbsp (15 mL) minced fresh ginger
1 tbsp (15 mL) mild curry paste
3 round red Ontario potatoes, diced
1 cup (250 mL) diced eggplant
1 can (398 mL) coconut milk
1 can (19 oz/540 mL) chickpeas, drained and rinsed
1 zucchini, diced
1/2 tsp (2 mL) salt
1 tbsp (15 mL) each chopped fresh basil and mint

In large nonstick skillet, melt butter over medium heat and cook onion, garlic and ginger for 3 minutes or until softened. Add curry paste and cook, stirring for 1 minute.

Add potatoes and eggplant and cook, stirring occasionally for about 8 minutes or until beginning to brown. Add coconut milk and bring to boil. Add chickpeas, zucchini and salt; cover and simmer for about 15 minutes or until potatoes are tender. Stir in basil and mint.

Per serving: 500 calories, 11 g protein, 30 g fat, 46 g carbohydrates, 10 g fibre, 780 mg sodium, 660 mg potassium