










# Lunch Recipes

## Curried Chickpea Chapati

### Ingredients (Serves 2)

-  1 tin of chickpeas (150g) - drained
-  1 tin of chopped tomatoes (400g)
-  1 red pepper
-  50g spinach leaves
-  ½ tsp chilli flakes
-  1 tsp curry powder
-  1 tsp vegetable oil
-  2 chapati's
-  2 tbsp low fat natural/Greek yogurt

**One  
Life  
Suffolk**

## Method

1. Heat the oil in a pan. Chop the pepper into strips and fry on a medium heat for 3 minutes.
2. Add the chickpeas, chilli flakes and curry powder, stir and cook for a further 3 minutes.
3. Sprinkle the chapati's with cold water and grill on each side for 30 seconds (optional).
4. Spoon the cooked filling onto the chapati, adding the yogurt on top.
5. Top with the spinach, then fold in half to serve.



## Nutritional Information

[Approx. Per Serving]

Calories: 305Kcal  
Carbohydrate: 45g  
Fat: 12g  
Protein: 14g

## Cost:

[Approx.]  
Total Ingredients: £8.00  
Per Serving: £2.50