



## Fresh Pear & Curry With Rice

### Equipment List

Measuring cups and spoons  
Medium and small bowl  
Wooden spoon  
Masher /fork  
Garlic press  
Pot

### Ingredients

- ½ small onion, chopped
- 30 ml oil
- 2 cloves garlic, minced
- 25 ml medium curry paste
- 25 ml tomato paste
- 25 ml honey
- 250 ml can chickpeas, drained and rinsed
- 250 ml vegetable broth
- 1 unpeeled ripe pear, sliced into thin wedges
- 2 Roma tomatoes, chopped
- 50 ml small peas (frozen is fine)
- 45 ml chopped cilantro
- 30 ml almond milk or cream

### Method

1. In a deep pot, over medium heat (#5), sauté onion until soft.
2. Add garlic and curry paste and stir for 2 minutes.
3. Add rinsed and drained chickpeas to pan, roughly mash the chickpeas and mix with onion mixture.
4. Add tomato paste and honey and stir for another 2 minutes.
5. Add vegetable broth, increase heat to medium high and boil gently.
6. Add pear slices and cook for 1 minute.
7. Add tomatoes, peas and cream and stir for another 2 minutes.
8. Stir in chopped cilantro.
9. Serve over steamed rice or cooked pasta or quinoa.