



Roasted Parsnip & Chickpea Curry

vegan • gluten-free

Roasted parsnips and chickpeas meet a medley of spices in this vibrant curry. With caramelised parsnips, sautéed onions, garlic, and ginger, the dish is spiced with cumin, garam masala, and Madras curry seasoning. Coconut milk adds creamy richness, while a splash of lemon juice brightens the flavours. Finish with fresh coriander for a zesty kick!

prep **10 mins**
cook **45 mins**
serves **4 people**

4 medium parsnips, sliced lengthways
1 brown onion, sliced
4 garlic cloves, diced
1 tablespoon grated ginger
2 teaspoons ground cumin
2 teaspoons garam masala
2 heaped tablespoons madras curry powder
400ml tinned coconut milk
400g tinned chickpeas, drained
3 tablespoons sunflower oil
Juice of 1 lemon
A handful of fresh coriander, leaves separated and stalks finely chopped

1. Preheat your oven to 200°C (180°C fan) or gas mark 6. Place the parsnips in a roasting tin, drizzle with half the oil, and sprinkle with the cumin, 1 teaspoon of garam masala, and a pinch of curry powder. Toss to coat evenly, then roast for 35-40 minutes until tender.
2. While the parsnips are roasting, heat the remaining oil in a pan over medium heat. Add the onion and coriander stalks, cooking for about 5 minutes until soft. Add the garlic and ginger, cooking for another 2-3 minutes. Stir in the remaining curry powder and garam masala, cooking for an additional minute. Add the chickpeas and coconut milk, then simmer for 15-20 minutes to reduce the sauce. Stir in the lemon juice, adjusting seasoning to taste.
3. Serve the curry topped with roasted parsnips and fresh coriander leaves over rice.

