

RECIPE: ONE-PAN CURRY

(WITH LEGUMES/PULSES)



HOW EATING THIS REGULARLY MIGHT HELP WITH YOUR HEALTH

- Eating more pulses, such as beans, chickpeas, lentils and peas, regularly helps our gut microbiome (the community of microorganisms in our digestive system) and reduces inflammation. This can help in the management of pain and in boosting your immune system.
- Olive oil, tomatoes, onions, garlic and spices are key parts of Mediterranean and anti-inflammatory diets which are linked to better health.

INGREDIENTS

- 2 tablespoons olive oil
- 2 handfuls diced red onion (you can buy pre-diced frozen onions)
- 1 tablespoon diced garlic (you can buy pre-diced or dried chopped garlic)
- 2 handfuls frozen or fresh peppers
- 1 tin of chickpeas
- 1 tin of chopped tomatoes
- 1 teaspoon garam masala curry powder (you can find this in the spice aisle of a shop or supermarket)
- Pinch of salt

WHAT TO DO

- If you are having the curry with rice, add the rice to a saucepan with boiling water and set on high heat to boil
- Heat the olive oil in a separate non-stick pan on medium heat
- Add in the onion, garlic, and peppers and fry for 5 minutes
- Add the garam masala and stir for 1 minute
- Add the chopped tomatoes and chickpeas. Bring to the boil then reduce to a medium heat. Add a pinch of salt
- Add some water if the curry looks too thick
- After 15 minutes, serve with the rice or bread and add herbs if using.

 2 servings

 20 minutes

OPTIONAL INGREDIENTS

- 2 handfuls of brown basmati rice or 2 plain naans or chapati's
- fresh herbs such as coriander or mint



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