**Tomato & chickpea curry**

Serves 4 (1HO, 1F, 1LE)

* 1 tbsp olive oil
* 2 onions, finely sliced
* 2 garlic cloves, crushed
* 1 tsp garam masala
* 1 tsp turmeric
* 1 tsp ground coriander
* 400g can plum tomatoes
* 400ml can coconut milk
* 400g can chickpeas, drained and rinsed
* 2 large tomatoes, quartered
* ½ small pack coriander, roughly chopped
* cooked basmati rice, to serve

1. Heat the oil in a large pan and add the onions. Cook until softened, about 10 mins. Add the garlic and spices, and stir to combine. Cook for 1-2 mins, then pour in the canned tomatoes, break up with a wooden spoon and simmer for 10 mins.
2. Pour in the coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.
3. Tip in the chickpeas and the tomatoes, and warm through. Scatter over the coriander and serve with fluffy rice.