

VEGAN GUAVA, PINEAPPLE AND CHICKPEAS CURRY

Ingredients for 2 servings:

- 250 g of guava purée (1 sachet)
- 120 g of cooked chickpeas
- 100 g of chopped pineapple (canned or fresh)
- 40 g of the yellow curry paste
- 2 large tomatoes (approx. 120 g) diced
- coriander leaves or spring onions for garnish

DIRECTIONS:



Fry the curry paste in a pan for about 1 minute.



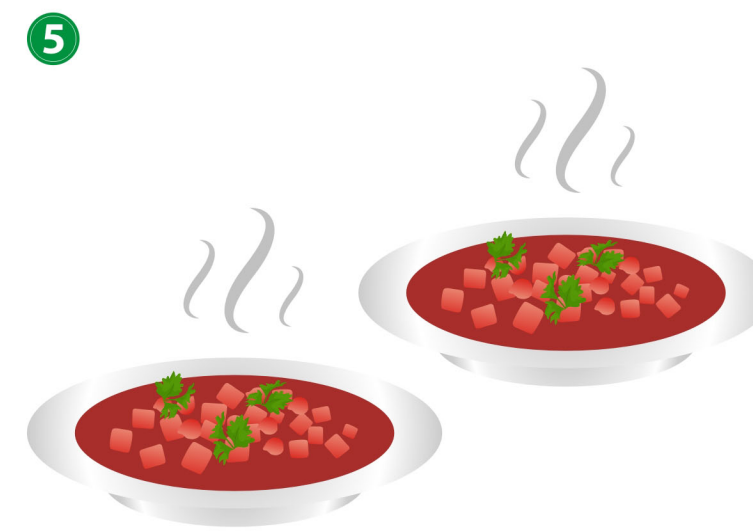
Add the tomatoes, pineapple and chickpeas.



Simmer everything for approx. 3 minutes.



Pour in the guava purée and cook for about 7 more minutes.



Garnish with coriander leaves or chopped spring onions.



Nutrition info:

100 g
73 kcal

1 serving
274 kcal

Consume the prepared dish within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.