

# CURRY & TOMATO MEAL SOUP

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2 persons / 567 kcal per person

## Ingredients:

- ½ onion
- 1 tablespoon of oil
- 50 grams of Java curry paste
- 225 grams of chickpeas
- 250 ml of boiling water
- 400 grams of diced tomatoes
- ½ pak choi plant
- 60 grams of bean sprouts
- 2 mini naan bread



## Preparation:

Bake the naan bread as described on the package. Chop the onion. Heat the oil in a stockpot and fry the onion for 2 minutes. Add the curry paste and the chickpeas and fry for 2 minutes on medium heat. Add the hot water and diced tomatoes, stir and bring to the boil. Meanwhile wash the pak choi and cut into strips. Add the pak choi and bean sprouts to the soup and bring to the boil again. Cook for 2 minutes. Serve the meal soup with the naan bread.

## Nutritional value per person:

Energy:	567 kcal
Protein:	25.9 grams
Carbohydrates:	83.0 grams
- including sugars:	13.1 grams
Fat:	11.8 grams
Fiber:	12.3 grams
Salt:	1.3 grams