Gently fry onion and garlic in a little olive oil in a large saucepan. Add all the other veggies except chick peas and three bean mix. Sprinkle flour on veggies and stir to coat.

Cover veggies with stock (enough stock to just cover veggies), add tomato paste, curry paste and yoghurt and stir to mix well. Simmer on low heat until veggies are all tender. Add chick peas and three bean mix and heat through.

Serve with a dollop of plain yoghurt on top. Serve with rice and naan or pappadams. A sambal of finely chopped tomatoes, onions and celery are also a good side dish.

You can add any meat to this recipe – chicken is particularly good.

This can also be cooked in a slow cooker.