



Chickpea Curry

About this recipe

This delicious recipe is great when the weather turns a bit cool

Ingredients

Oil - 2 tablespoons	Tomato paste - 2 tablespoons
Onion - 1 whole	Coconut cream or milk - 1 can
Cumin spice - 2 teaspoons	Chopped tomatoes - 1 can
Coriander spice - 1 teaspoon	Salt - ½ teaspoon
Chilli spice - ½ teaspoon	Leafy green vegetables
Chickpeas 2 cups - cooked	

Method

1. If you have dry chickpeas - soak them overnight in lots of water, remove the water, then simmer until tender (approx. 1 - 2 hours). If you have canned chickpeas, rinse well and drain.
2. Fry onion in oil on a low heat for approx. five minutes until clear. Be careful not to burn.
3. Add spices and cook for a further 2 minutes.
4. Add tomato paste or finely chopped potato and mix well.
5. Add coconut cream or milk and tinned tomatoes. Stir well.
6. Add cooked chickpeas and simmer for 10 - 20 minutes.
7. Add salt to taste.
8. Add green vegetables and simmer for 2 - 5 minutes until cooked.
9. Serve on cooked rice.

With love from Te Awa Kairangi Kai Collective team.

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