

## RECIPE: CHICKPEA CURRY

### INGREDIENTS:

- 2 onions, sliced finely
- 4 cloves of garlic, crushed
- 1 tbsp ghee or oil
- 1 tsp chilli powder
- 1 tsp salt
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp ground cumin
- 2 x 440g (14 oz) cans chickpeas, drained
- 1 x 440g (14 oz) canned tomato pieces
- 1 tsp garam masala

### METHOD:

1. Heat ghee or oil in a medium pan.
2. Add onion and garlic to pan and cook over a medium heat, stirring, until soft.
3. Add chilli powder, salt, turmeric, paprika, cumin and coriander. Stir over heat for 1 min.
4. Add chickpeas and undrained tomatoes, stir until combined.
5. Simmer covered, over a low heat for 20 mins, stirring occasionally.
6. Stir in garam masala.
7. Simmer covered for another 10 mins.

NOTE: This curry makes a delicious meal wrapped inside chapattis or naan bread.

**Preparation time:** 15 mins

**Total cooking time:** 40 – 45 mins

Serves 4