

Chickpea Curry

(4 Servings)

Energy: 300 Calories

Ingredients

- 2 cups chickpeas, soaked overnight
- 1 medium onion, diced
- 2 medium tomato, diced
- 1/2 tsp cumin seeds
- 3 - 4 cloves garlic, minced
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp cayenne pepper
- 1 inch ginger, minced
- 150ml reduced fat coconut milk
- 200ml water
- 1 tbsp curry powder
- a pinch of salt and pepper to taste

Method

1. Heat oil in a pan and add cumin seeds.
2. Add in all the ingredients except for the chickpeas and sauté.
3. Add chickpeas and water and bring to a boil.
4. Lower the heat and simmer for 10 minutes.
5. Add coconut milk and stir.
6. Garnish with coriander and serve hot.
7. Serve hot