

Chickpea Curry





Ingredients

3 tbsp	Canola oil
1/2 tsp	Cumin seeds
1 tsp	Paprika
1 tsp	Turmeric
1 tsp	Cayenne pepper
1 tbsp	Curry powder
1	Medium onion, diced
3 - 4 cloves	Garlic, minced
1 inch	Ginger, minced
1	Medium tomato, diced
2 cups	Chickpeas, soaked overnight
200ml	Water
To taste	Salt & pepper
150 mL	Reduced-fat coconut milk
Handful	Coriander leaves (for garnish)
2	Medium tomato, cut into wedges (for garnish)

Method

1. Heat oil in a pan and add cumin seeds.
2. Add in the paprika, turmeric, cayenne pepper, curry powder, onion, garlic, ginger and sauté.
3. Add chickpeas and water and bring to a boil.
4. Lower the heat and simmer for 10 minutes.
5. Add salt and pepper.
6. Add coconut milk and stir.
7. Garnish with coriander and tomato wedges.
8. Serve hot

Nutritional information	Energy
Total servings 	1600 kcal
Per serving 	400 kcal