



CHICKPEA CURRY

Ingredients:

1 teaspoon EVOO or coconut oil

2 onions, diced

4 garlic cloves, chopped

½ - 1 teaspoon chilli powder

1 teaspoon sea salt

1 teaspoon turmeric

1 teaspoon paprika

1 tablespoon ground cumin

1 tablespoon ground coriander

1 teaspoon garam masala

880g Chickpeas (tinned)

880g Tomatoes (tinned)

Optional: natural yoghurt, fresh coriander, ready-made naan bread for serving

** Note: I tend to soak and cook my own chickpeas and use fresh tomatoes

Heat oil in a frypan to medium heat – add onion and garlic and cook until soft.

Add chilli powder, salt, turmeric, paprika, cumin and coriander – stir over heat for 1 min.

Transfer mixture to a larger saucepan – then add chickpeas and tomatoes to pan – cover and simmer for approx. 20 mins (stirring occasionally).

Add garam masala – cover and simmer for 10 mins.

Serve with a dollop of natural yoghurt, some fresh coriander and naan bread if desired.

Tips:

- Or only add 440g Chickpeas & adding some vegetables – 1 large zucchini sliced, 1 cup cauliflower, 1 squash diced, 1 cup peas, 1 large carrot diced
- Or serve with some cauliflower rice – pulse some cauliflower in blender until the size of rice, then quickly stir fry with some coconut oil (saves lots of calories)
- Or serve on a bed of baby spinach leaves