



Chickpea Curry



4 servings

INGREDIENTS

- 2 tablespoons olive oil
- ½ red onion, diced
- 1 clove of garlic, peeled and minced
- ½ thumb-sized piece of ginger
- ½ red chili, seeds removed
- 1 T curry powder
- 1 t cumin powder
- 1 t ground coriander
- 1 t ground paprika
- 1 15 oz. can diced tomatoes (with their juice)
- 1 15 oz. can coconut milk
- 1 15 oz. can chickpeas (drained and rinsed)
- small bunch of cilantro, washed and chopped
- zest of ½ lime
- juice of ½ lime
- 1 t salt
- ½ t ground black pepper
- 1 avocado

DIRECTIONS

1. Heat a large sauté pan over medium heat and add the oil.
2. When the oil is shimmering add the onion and garlic to the pan.
3. Grate the ginger into the pan. No need to remove the skin! Stir well.
4. Add the chili to the pan.
5. Add the spices, curry through paprika, and cook for 30 seconds.
6. Add the diced tomatoes, coconut milk and chickpeas.
7. Chop the coriander and add to the pan along with the lime zest.
8. Adjust seasoning with salt and pepper.
9. Add the lime juice, season to taste and serve with avocado and the grain of your choice.

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SOURCE

adapted from thehappypear.ie