

Chickpea Curry



Ingredients

- 2 tbsp canola oil
- 1 large yellow onion halved and thinly sliced
- 1 tbsp fresh minced ginger
- 4 cloves of garlic minced
- 1 tsp turmeric powder
- 1 tbsp paprika
- 0.5 tbsp ground coriander
- 0.5 tbsp red chili pepper or cayenne pepper
- 0.5 tbsp garam masala
- 0.5 tsp salt
- 2 large tomatoes diced
- 1.5 cups of chicken broth
- 1 can coconut cream full fat unsweetened (appx 400ml or 284g)
- 1 of chickpeas drained and rinsed (appx 750g or 4.5 cups)

Preparation

1. Heat the oil and onions large saucepan over medium-high heat. Stirring frequently 3-5 minutes until soft and translucent.
2. Add minced ginger and garlic, cook for 1 minute stirring frequently until fragrant. Stir in the turmeric, paprika, coriander, chili powder, garam masala, and salt. Cook for 30 seconds to bloom the spices.
3. Add the diced tomatoes and cook for 8-10 minutes stirring often until they break down and become soft and pulpy.
4. Pour in the chicken broth, then add the chickpeas and coconut cream. Reduce the heat to medium and cook for 15 minutes, stirring occasionally until sauce thickens.
5. Taste and adjust salt as needed. Remove from heat and let sit for at least 5 minutes serving.
6. Serve garnished with chopped cilantro with basmati rice and naan if desired.