

Coconut Chickpea Curry



Ingredients:

- 1 large red onion thinly sliced
- 3 cloves garlic minced
- 1 inch fresh ginger peeled and minced or grated
- 1 tbsp garam masala
- 1/4 tsp each of turmeric and cayenne pepper
- Salt and black pepper
- 14-oz. can chopped tomatoes
- 400ml coconut milk
- 14-oz. can cooked chickpeas (drain and rinse before using)
- Juice of one lime (lemon also works)

Make:

1. In a large pan cook the red onion in some olive oil, stirring frequently, until the onion is softened and starting to brown.
2. Reduce the heat to medium. Add the garlic and ginger; stir and cook for 60 seconds or until fragrant. Stir in the garam masala, turmeric, salt and black pepper and cayenne pepper. Cook for 30 seconds more to toast the spices.
3. Add the tomatoes to the pan and stir well. Continue to cook, stirring occasionally, for about 3-5 minutes. Stir in the coconut milk and chickpeas. Bring the mixture to a boil, then reduce the heat to medium-low.
4. Simmer the coconut chickpea curry for about 10 minutes or until reduced slightly. Stir in the fresh lime juice.
5. Serve hot, with accompaniments of choice.

