



HARVEST OF THE MONTH

Ingredient: Pulse Crops

Creamy Chickpea Curry

PREP TIME: 10 minutes
COOK TIME: 20 minutes
TOTAL TIME: 30 minutes
AUTHOR: adapted from happyveggiekitchen.com

INGREDIENTS

14 oz canned chickpeas, drained
1 medium onion, sliced
2 tbsp sugar
1 tbsp garlic, minced
1 tsp ginger
½ tsp turmeric
2 tsp ground cumin
1 tsp smoked paprika
½ tsp garam masala
6 tbsp tomato puree
1 cup vegetable broth
½ cup heavy cream or coconut cream
1 handful cilantro, optional for serving
4 lemon or lime wedges, optional for serving

INSTRUCTIONS

1. In a large, deep saucepan, heat a small amount of butter or oil and sauté the onions over medium heat until they are soft and starting to brown at the edges.
2. Add the garlic, sauté for another minute until soft and fragrant
3. Add the spices and a little extra oil or butter if the pan feels dry. Stir until the spices are mixed into the onions and fragrant.
4. Add the tomato puree and sugar. Over low heat, sauté this mixture for 3-4 minutes, allowing the puree to mix with all the spices. It should thicken up a little and turn sticky.
5. Whisk in the vegetable broth and keep this over a medium-high heat until the mixture starts to bubble.
6. Add the cream to the pan and bring the heat down to its lowest setting. Mix until the mixture starts to bubble
7. Simmer for 10 minutes
8. Add the chickpeas to the pan and allow to simmer for 5 minutes.
9. Serve with a handful of chopped cilantro and a wedge of lemon or lime.
10. Serve over rice