



CHICKPEA CURRY

INGREDIENTS

- 1 Onion (diced)
- 2 tsp Garlic Puree
- 2 cm Ginger (grated)
- 25 ml Country Range Olive-Pomace Oil
- 2 tsp Country Range Whole Cumin Seeds
- 1 tbsp Country Range Ground Turmeric
- 1 tbsp Country Range Garam Masala
- 1 tbsp Country Range ground Coriander
- pinch Country Range White Pepper
- 1 tsp Country Range crushed Chillies
- 1 Green Chilli (sliced)
- 1 tbsp Madras Paste
- 400 g Country Range Chopped Tomatoes
- 800 g Country Range Chickpeas in Water
- 4 Medium Sized Potatoes (diced)
- 2 tbsp Country Range Tomato Paste
- 1 Bag of Spinach
- 1 bunch Fresh Coriander
- 2 tbsp Country Range Mango Chutney
- 1 tsp Salt

METHOD

1. Fry off the onion, garlic and ginger in a little oil
2. Add the madras paste, crushed chillies, turmeric, white pepper, ground coriander and cumin seeds
3. Add the chickpeas, chopped tomatoes, tomato paste and potatoes
4. Simmer for 30 minutes
5. Add the mango chutney, spinach, fresh coriander and salt
6. Serve with basmati rice and a naan bread