

Creamy Coconut Chickpea Curry

SERVES: 4 PREP TIME: 15 MINS COOK TIME: 30 MINS

Ingredients

Raw C Liquid Coconut Oil, 2 tbsp

1 Medium Red Onion, (chopped & diced)

Reinna Diced Canned Tomatoes, 400g

G-Fresh Sea Salt & Pepper, (to taste/season)

Edgell Canned Chickpeas, 450g (drained & rinsed)

3 Fresh Garlic Cloves, (minced)

G-Fresh Garam Masala, 1 ½ tbsp

G-Fresh Curry Powder, 1 tsp

Spencers Ground Cumin, ¼ tsp

Ayam 100% Natural Coconut Milk, 400ml

1 Fresh Lime, (half juice for the curry, half juice for garnishing)

Lion Plain Flour, 2 tsp (optional) (For a vegan option, use coconut flour)

Fresh Coriander, (optional – for serving)

Mission Naan Bread, (optional – for serving)

Method

Step 1

Heat the coconut oil in a deep pot over medium-high heat.

Step 2

Add in the onion and tomatoes. Season with salt & pepper and stir together.

Step 3

Lower the heat to medium and allow to cook down until the juices of the tomatoes have released and the onions are soft, for about 10 minutes.

Step 4

Add in the chickpeas, garlic, garam masala, curry powder, and cumin. Stir to combine.

Step 5

Add in the coconut milk and lime juice and stir again. Add in the flour to slightly thicken the curry and mix. Bring the curry to a boil, then reduce to medium-low so that the mixture continues to simmer for 10-12 minutes.

Step 6

Serve the curry. Season with salt & pepper, and garnish with fresh lime juice and coriander. Service with naan bread. ***Enjoy!***



Pic for illustration purposes only. Recipe may vary in appearance to pic.