

Chickpea Curry

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



About

Chickpea curry is the 'food of strength' for the cereal and livestock farmers working in the rural villages of Pakistan. These farmers have an average work week of 65-100 hours and consume a protein and nutrient rich diet to keep strong and healthy. Chickpea curry is a daily breakfast menu for these farm workers, as it is easy to cook and full of nutritional value. A typical serving of chickpea curry is packed with protein, vitamin B6, Iron and Magnesium. Chickpeas are an excellent food source for building strong bones and muscle. Chickpeas have a low Glycemic Index which means that they help to limit a spike in blood sugar levels post meal. This makes them an excellent main meal for diabetics or those on weight-control.

Ingredients (per person)

125g canned chickpeas
76g fresh brown onions
0.9 g or a pinch of cumin seeds (about 7-9 seeds)
1 bay leaf
1.8g turmeric powder
1.8g paprika powder
1 clove of fresh garlic (peeled)
¼ teaspoon salt or to taste
¼ tablespoon lemon juice
1 tsp oil
1 pickled pepper

Equipment needed

Knife
Chopping board
Deep stock pot
Spatula
Can opener
Garlic press

Method (steps)

To prepare the chickpea curry:

1. In a sauce pan, add a 1 tsp oil and let it heat. Add finely sliced onions and saute the onions until they change colour to brown.
2. Add a pinch of cumin seeds, one bay leaf, and the finely chopped garlic. Saute the garlic and cumin until they turn brown.
3. Add the turmeric, paprika, salt and saute for half a minute before adding in the canned chickpeas. Do not drain the water of the chickpeas when adding into the stock pot.
4. Add in a pickled green pepper and lemon juice. Cover and let it cook on medium flame for 5-10 minutes until the oil separates.
5. Garnish with chopped coriander and serve with naan bread or steamed rice.

Additions and alternatives

- For more flavour, add a quarter teaspoon of mustard paste and a quarter teaspoon of pickled mango to the curry while it is cooking. This gives it a unique aroma with a sourish taste that tickles the taste buds.

