

Curried Chickpeas

Ingredients:

- 2 onions – chopped
- Vege stock for pan frying
- 2 cloves garlic – crushed
- 2 fresh chillies seeded and chopped
- 2.5 cm fresh ginger – chopped finely
- 3 tspns cumin seeds (or powder)
- 2 tspns coriander seeds (or powder)
- 1 tspn each of turmeric & paprika
- 2 ½ cups cooked chick peas (canned is ok)
- 1 ½ cups vegetable stock

Method:

1. Sauté' onions and garlic in vege stock.
2. Add chillies and ginger. Cook for a minute or two longer.
3. Add spices. Stir for a minute or so....
4. Add the cooked chick peas and stir well.
5. Pour in the stock and bring to the boil.
6. Lower heat and cover and cook for 15 mins.

*Add steamed potatoes or any other vegetable for variety.