

Chickpea Curry

Ingredients	Amount	Have it
Olive Oil	2 tbsp	<input type="checkbox"/>
Garlic Cloves (pressed)	4	<input type="checkbox"/>
Scotch bonnet pepper, seeded and diced (optional)	1/2	<input type="checkbox"/>
Ground Cumin	1 1/2 tsp	<input type="checkbox"/>
Chickpeas 439g cans (rinsed, drained)	2	<input type="checkbox"/>
Coconut milk (optional)	1 cup	<input type="checkbox"/>
Potatoes (medium-sized, diced)	2	<input type="checkbox"/>
Curry powder (Madras)	2 tbsp	<input type="checkbox"/>
Onion (finely chopped)	1	<input type="checkbox"/>
Carrots (sliced)	2	<input type="checkbox"/>
Tomato Paste	1 1/2 tsp	<input type="checkbox"/>
Paprika	1/2 tsp	<input type="checkbox"/>
Tumeric	1 tsp	<input type="checkbox"/>
Cayenne Pepper	3/4 tsp	<input type="checkbox"/>
Sprigs of thyme	2	<input type="checkbox"/>
Sprigs parsley	2	<input type="checkbox"/>
Bay leaves	2	<input type="checkbox"/>
Sprigs basil	2	<input type="checkbox"/>
Garam Masala	1/4 tsp	<input type="checkbox"/>
Boiling water	1 1/2 cup	<input type="checkbox"/>
Vegetable stock cube	1	<input type="checkbox"/>
Sea salt	1 tsp	<input type="checkbox"/>

Method:

1. Heat the oil in a large saucepan over medium heat.
2. Tie the fresh herbs (thyme, parsley, bay leaf and basil) together in a bundle with thread to form a bouquet garni.

3. Add the onion, potatoes, carrot, scotch bonnet, curry powder, cayenne, half the garlic, paprika, garam masala and cumin to the pan and sauté for about 5 minutes until the onion is translucent.
4. Stir the stock cube into the boiling water and add to the pan with the chick peas and bouquet garni. cook for 15 minutes.
5. Stir in tomato paste and coconut cream.
6. Turn the heat down to low, cover and simmer for thirty minutes.
7. Add the last half of the garlic and simmer uncovered for 5-7 minutes.
8. Add a bit more water if the stew gets too thick. Serve hot.