

Chickpea and Tomato Curry

Serves 4



Simply Nutrition



Ingredients

1 tablespoon of coconut oil
2 medium onions – peeled and diced
2 cloves garlic, peeled and pressed or chopped
2 teaspoons fresh ginger root, chopped
6 whole cloves
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
3-4 large tomatoes, chopped
2 cans of organic chickpeas (garbanzos)
1 dessertspoon of tomato puree or paste
1 cup of freshly chopped coriander (cilantro)
A little sea salt and ground black pepper to taste

Method

Heat the oil in a large frying pan over a medium heat and gently sauté the onions for a minute or two. Add the garlic, ginger, cloves, cinnamon, cumin, coriander, salt, pepper and turmeric. Cook for about a minute, stirring continuously, and then add the chopped tomatoes, chickpeas, and the tomato paste. Continue to cook and stir until all ingredients have blended well. If necessary add a little water to avoid the curry sticking to the pan. Remove from heat, and just before serving, add the chopped coriander.

GLUTEN FREE

WHEAT FREE

DAIRY FREE

ENERGISING

“ to stay satisfied, energised, balanced and focused for the day ahead ”