

## Chickpea Curry & Cumin Rice Recipes

### Chickpea Curry

Serves 3:

Ingredients:

- 2 cans chickpeas (drained)
- 1/2 can tinned tomatoes - chopped
- 1 inch knot ginger - grated
- 2 green chillis - chopped
- 1 onion - finely chopped
- 1 teaspoon salt
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon mango powder
- 1/2 cup fresh coriander - chopped
- 20 ml oil (rapeseed)
- 300 ml water

Method:

1. Heat oil in a pan.
2. Sprinkle in mustard seeds - when they splatter, add cumin seeds. Fry till lightly brown.
3. Add onions - fry till golden brown.
4. Add tomatoes, ginger, chillis, and half of the coriander - fry till tomatoes are not watery, and oil starts to float.
5. Add turmeric & salt - fry for 2 minutes.

6. Add chickpeas - simmer for 5 minutes.
7. Add water & mango powder - cover with lid, bring to the boil & simmer for 15 minutes.
8. Sprinkle remaining coriander.
9. Serve & enjoy!

### **Cumin Rice**

Serves 3:

Ingredients:

- 1 mug rice
- 1 teaspoon cumin seeds
- 1 teaspoon salt
- 2 mugs of water
- 2 dessert spoons of oil

Method:

1. Heat oil in a pan.
2. Add cumin & fry till light brown.
3. Add washed rice & fry lightly for 2 minutes.
4. Add water & salt - bring to the boil.
5. Cover with lid and simmer for 15 minutes.
6. Serve & enjoy!