

Chickpea curry *(Side dishes)*



Preparation

Put the basmati rice in a non-stick pan and cover with water to about 1/2cm above the surface of the rice. Add a pinch of salt, cover, and heat on the minimum possible flame until it boils. From the point at which it starts boiling, simmer very gently for 12 minutes. After 12 minutes, without removing the lid, turn off the heat and let it stand for another 12 minutes. Meanwhile, finely chop the onion and garlic and let them sweat for 5 minutes over a low flame with a little vegetable oil. Then add the curry powder and mix it in well, followed by the tomato passata and the ketchup. Mix well and cook for another few minutes. Finally add the chickpeas, salt and paprika or red pepper to taste, cook for a few moments more and serve with the basmati rice.

Tips

Avoid adding any paprika or chilli powder and you'll find that this dish is still lovely when rather sweeter: and by so doing it will also be more acceptable to children.

Trivia

The curry is not a spice but a mix of spices that results in a distinctive and complex set of aromas and flavours - the curry!

Information

Preparation 20 minutes

Total Time 10 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Chickpeas 400 grams (Already cooked)

Basmati rice 250 grams

Tomato passata (3 tablespoons of tomato passata)

Ketchup (2 tablespoons of tomato ketchup)

Garlic 1 clove

Onions (1 medium white onion)

Oil (A dash of sunflower oil)

Curry (A tablespoon of curry powder)

Salt

Paprika (Tip of a teaspoon of spicy paprika)