

## Chick pea and pepper curry

### Ingredients

2 (400g) tins chickpeas

2 tablespoons oil for frying

1 onion, finely chopped

1 green chilly finger chopped finely

Thumb size ginger chopped finely

2 cloves of garlic chopped finely

1 teaspoon salt

1 teaspoon turmeric

1 teaspoon garam masala

½ tin chopped tomatoes

2 peppers diced and chopped

½ cup of water

Chopped coriander for garnish

### Method

Drain the chick peas and rinse them through with water and leave them to one side. Heat the oil in a sturdy medium sized saucepan. Add the onions, ginger, garlic and chillies and lightly fry these for a few minutes stirring these occasionally. Add the ½ tin of tomatoes along with the salt and allow this to cook gently on a low heat for a further 5 minutes. Then add the garam masala and turmeric continue cooking. Let the sauce at this stage cook and fuse all the herbs and spices cooking on a low heat until the mixture looks glazed. Add the chick peas to the sauce and let this cook for around 8-10 minutes. Then add the water with the peppers and cook for a further 10-12 minutes on a low heat stirring occasionally. Sprinkle the chopped coriander on top and its ready to be served.

Maybe served with rice, naans or chapattis.