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by Nisha Mehta

Coconut & Chick Pea Curry



Ingredients

6 medium sized tomatoes
¼ butternut squash
2 tbspn sunflower/vegetable oil
½ tspn turmeric powder
¼ tspn asafoetida powder (optional)
½ tspn cumin seeds
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4 curry leaves
1 tspn minced ginger
1 can chickpeas, drained
½ tspn cumin/coriander powder
½ tspn garam masala
1 can coconut milk
½ cup chopped coriander
Salt to taste

Preparation

- 1 1. Finely chop & dice the tomatoes and butternut into small pieces.
- 2 2. Heat the oil in a large pan and add the curry leaves, cumin seeds, turmeric and asafoetida.
- 3 3. After about 1 minute, add the minced ginger, tomatoes and butternut squash. Cook on a high flame for 5 minutes.
- 4 4. Now add the cumin/coriander powder, garam masala, salt and stir in.
- 5 5. Pour in the coconut milk and chickpeas and then cook for 15-­
- 6 20 minutes until the chickpeas are soft and tender. The butternut squash should also be soft by this point.
- 7 6. Add the chopped coriander, cook for a further 2 minutes and serve.

Cooks Note

Recipe by Hungry Little Veggie at www.hungrylittleveggie.com/coconutchickpeacurrywith-quinoapatties/ [6]