

SPICED CHICKPEAS WITH TOMATOES

Equipment needed –

Colander, small knives, chopping board, measuring spoons, garlic crusher, measuring jug, measuring cups (1/3) and a can opener.

Ingredients from the Garden –

- 2 large brown onions
- 4 cloves of garlic
- 2 large sweet potatoes, peeled and finely chopped
- Fresh coriander to serve

Ingredients from the Pantry –

- 2 tablespoons of ghee
- 4 teaspoons of ground cumin
- 4 teaspoons ground coriander
- ½ teaspoon cardamom seeds
- 2 teaspoons of chilli powder
- 4 cups of vegetable stock
- 2 tablespoons of tomato paste
- 1 large can of whole tomatoes
- 2/3 cup of red lentils
- 2 cans of chickpeas, rinsed and drained

What to do –

1. Peel and finely chop the onions and set aside. Peel and crush the garlic using a garlic crusher and set aside.
2. Peel and chop the sweet potatoes. Open the can of chickpeas rinse and drain in a colander over the sink. Measure out 2/3 cup of lentils and set aside.
3. Measure out 2 tablespoons of ghee into a large saucepan over a medium heat. Cook the onion and garlic until the onion softens.
4. Meanwhile, measure out the spices into a small bowl: 4 teaspoons of ground cumin, 4 teaspoons ground coriander, ½ teaspoon cardamom seeds and 2 teaspoons of chilli powder. Add the spices and stir over the heat until fragrant.
5. Add the sweet potato, stock, tomato paste, chickpeas, tomatoes and lentils. Simmer covered for about 15 minutes or until the lentils are soft.
6. Finely chop the coriander. Once all of the vegetables and lentils are cooked, stir in the coriander and divide the curry amongst 3 serving bowls to serve.

Serves –

- 28 students.