



Chickpea curry

Serves 2
Prep 5 minutes
Cooking 15 minutes

Ingredients

1 tbsp oil
1 onion chopped
1 clove garlic, crushed
Curry powder to taste
1 tin of tomatoes or passata
1 tin of chickpeas, drained and rinsed

Method

1. Heat a pan and add the oil. Fry the onions and garlic until lightly brown.
2. Add the curry powder and tomato and cook the sauce until it thickens.
3. Tip in the chickpeas and mix, mashing up a few chickpeas.
4. Cover and simmer for 5 minutes.
5. Serve with pitta bread or rice.