

Chickpea Curry

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-chickpea-curry-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil optional
- 2 cloves garlic chopped
- 1/2 onion chopped
- 1 inch ginger root piece of, about 2.5 cm, chopped
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ground coriander optional
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes optional
- 15 ounces chickpeas 425 g, drained and rinsed, see notes
- 14 ounces full fat coconut milk 400 ml
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1 tablespoon lime juice optional
- 1 tablespoon coconut flour optional

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 47 grams
3. Fat: 40 grams
4. Fiber: 10 grams
5. Protein: 11 grams
6. SaturatedFat: 30 grams
7. Sodium: 930 milligrams
8. Sugar: 6 grams

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