



Ingredients 4 Portions

♦ = Kotányi Produkte

3 pcs.	Onions, large
5 cm	Ginger
5 pcs.	Garlic cloves
250 g	Chickpeas, soaked in water (1.2 l) overnight
1 pinch	Asafoetida
250 g	Canned tomatoes
1 tsp.	Mango powder
0.5 tsp.	Garam masala
2 pcs.	♦ Cardamom, Whole
9 pcs.	♦ Cloves, Whole
0.5 tbsp.	♦ Pepper Black, Whole
2 pcs.	♦ Bay Leaves, Whole
1.5 tsp.	♦ Cumin, Ground
0.5 tsp.	♦ Pepper Black, Ground
1 tsp.	♦ Turmeric, Ground
1 tsp.	♦ Coriander, Ground
	♦ Table Salt
100 ml	Oil

Chickpea Curry

⌚ 40–50 Min ♡ ♡ ♡

Preparation

- 1 Peel and chop two onions.
- 2 Using a blender, puree the remaining onion with the ginger and garlic.
- 3 Pour the soaked chickpeas and the soaking water into a pot, add half of the chopped onion, cardamom, cloves, bay leaves, pepper, cumin, asafoetida and one teaspoon of salt, then bring to the boil.
- 4 Simmer for 50 to 60 minutes until the chickpeas are cooked through.
- 5 Drain the chickpeas and retain the liquid.
- 6 In another pan, heat some oil and fry the remaining chopped onion over a low heat for 30 minutes.
- 7 Add the onion, ginger and garlic puree, fry for 10 minutes, then stir in the turmeric, garam masala, coriander, pepper and mango powder.
- 8 Combine well and cook through.
- 9 After 1 minute, add the tomato puree, leave to simmer for a few minutes, then add the chickpeas and the cooking liquid.
- 10 Simmer until the chickpeas are very soft, but not crumbly. Season with salt and serve.

