



PREP TIME COOK TIME YIELD

10 mins

30 mins

20
servings

Lunch, dinner

Vegetarian, vegan

Allergy information: none of the 14 listed

Coconut & chickpea curry

Ingredients

- 5 tbsp coconut oil
- 5 large red onions, thinly sliced
- 15 cloves of garlic, minced
- 5 inch piece of fresh ginger, peeled and grated
- 5 tbsp garam masala
- 1 1/4 tsp ground turmeric
- 1 1/4 tsp ground black pepper
- 1 1/4 tsp cayenne pepper (or to taste)
- 1 1/4 tsp salt (or to taste)
- 5 x 14oz cans of chopped tomatoes
- 5 x 14oz cans full fat coconut milk
- 5 x 16oz cans of cooked chickpeas, drained and rinsed
- 10 limes or lemons, freshly squeezed
- Bunch of fresh cilantro (coriander), chopped

Method

- In a large pan, heat the coconut oil over a medium heat.
- Add the red onion with a pinch of salt. Cook and stir until the onion is soft and turning brown.
- Reduce the heat, add the garlic and ginger and stir-fry for 60 seconds or until fragrant. Stir in the garam masala, turmeric, black pepper, cayenne pepper and remaining salt. Cook for a further 30 seconds to toast the spices.
- Add the tomatoes, stir well and cook for 3-5 minutes.
- Stir in the coconut milk and chickpeas and bring the sauce to the boil.
- Turn down the heat and simmer for 10 minutes until the sauce has slightly reduced, and then stir in the lime or lemon juice.
- Season to taste.
- Garnish with the fresh cilantro and serve with rice.

Top tips

- You may want to add hearty vegetables to this dish like sweet potatoes or cauliflower.
- Cut the vegetables into bite-sized pieces and add them into the pan after cooking the onion. Stir-fry the vegetables for a couple of minutes until softened, then add the garlic and ginger and continue with the rest of the recipe.

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