

Savoury Chick Peas



Serves 6-8 people

Ingredients

- 2 chick pea tins (drained)
- 1 tin sweetcorn
- 1 tin new potatoes
- 1 tin tomatoes (liquidised)

- 1- 1 ½ tablespoons cooking oil
- 1tsp mustard seeds
- 6 Whole green chillies (according to taste)
- Curry leaves
- 1 tsp crushed garlic
- 1/2tsp whole cumin seeds
- ½-1tsp chilli powder
- 3-4 tablespoons tomato ketchup
- ½-1 tsp salt
- Fresh coriander to garnish

Method

1. In a large pan with a lid Pop mustard seeds
2. Pour in the oil
3. Throw in the green chilis and cover for a few seconds
4. Add curry leaves, cumin, chilli powder, garlic- stir for a few seconds
5. Add tomato tins
6. Cook until the water has absorbed/evaporated
7. Add the tomato ketchup- cook for a couple of minutes
8. Add chick peas, sweetcorn- heat through then add potatoes
9. Simmer for a while
10. Garnish with chopped coriander and enjoy

A recipe form Zubeda Masters- UHL