


Chickpea Curry

Background

This chickpea curry is easy to prepare and uses simple ingredients. The addition of coriander leaves or parsley before serving adds freshness and colour.



Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	154	Energy	45.6 kcal
		Fat	1.7 g
Secondary, 11-18 yrs	206	SatFat	0.1 g
		Carb	5.8 g
 Time 45 minutes		NMES	0 g
		Fibre	1.4 g
		Prot	2.2 g
		Iron	0.7 mg
		Calc	20.7 mg
		Vit A	43.8 µg
		Fol	15.5 µg
		Vit C	9.9 mg
		Sodium	68.2 mg
		Zinc	0.3 mg

Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
rapeseed oil	15g	30g	60g	120g
onions, chopped	100g	200g	400g	800g
garlic, peeled and crushed	12g	24g	48g	96g
cumin seeds	5g	10g	20g	40g
mustard seeds	5g	10g	20g	40g
chilli flakes	2.5g	5g	10g	20g
ground coriander	5g	10g	20g	40g
ginger, grated	5g	10g	20g	40g
tomatoes, canned	400g	800g	1600g	3200g
water, distilled	50ml	100ml	200ml	400ml
chickpeas, canned, re-heated, drained	390g	780g	1560g	3120g
lemon juice	20g	40g	80g	160g
pepper, black, to taste	0.5g	0.10g	0.20g	0.40g
coriander or parsley, fresh	20g	40g	80g	160g

Method

1. Fry the onions until brown, add the garlic, ginger and all the spices, stirring for a few minutes.
2. Add the tomatoes, water, chickpeas, salt and pepper and cook under low heat for about half an hour.
3. Add the lemon juice and a bunch of fresh coriander or parsley.



Serving suggestion
Rice and a green salad