Recipe Card: Vegan Chickpea Curry

Ingredients:
- Dried chickpeas = 3 cups
- Canned tomatoes = 1 can
- Tomato paste = 5 tbsp
- Sugar = 2-3 tbsp
- White onion = 1/2
- Garlic = 3 cloves chopped
- Fresh curry leaves = 6-8
- Cumin powder = 2 tbsp
- Coriander powder = 2 tbsp
- Mustard seeds = 1/2 tsp
- Salt to taste = 1 - 2 tbsp (according to your taste)
- Fresh green chilli (Optional)

Method:

Soak 3 cups of chickpeas in warm water overnight - after being soaked the chickpeas will double in size.

Then drain the water the chickpeas were soaked in, place in a pot and cover with fresh water. Boil until soft. Note: at regular intervals check to see if foam has built up. If there is an accumulation, remove it. The reason we want to remove this is that if it builds up it can result in the water overflowing. Also, my mum would always remove it - and mum knows best :)

Once the chickpeas are soft, drain and set aside.

In a hot non-stick frying pan add the mustard seeds, allow mustard seeds to start popping (this releases the flavour). Then add your curry leaves,chilli(optional), onion and garlic and cook until the onions start to brown, then deglaze with some water.

Then add your chickpeas, canned tomatoes, tomato paste, sugar, cumin powder, coriander powder and salt. Stir together then add 2 cups of water then simmer for 20-30 minutes and top up with water if required.

This curry can be a dry curry or can have gravy. If you would like there to be a gravy remove from the heat when the gravy is at the consistency you are after. If you would like the curry to be dry then allow the liquid to reduce down completely.

Serve with steamed rice or flatbread.

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