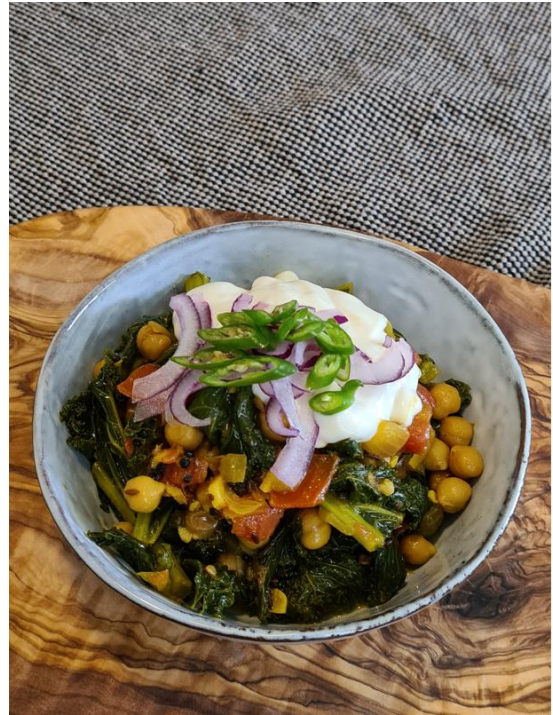


Kale & Chickpea Curry

A simple aromatic curry packed with greens, protein and flavour.

Ingredients

2 Tbsp Groundnut Oil
1 tsp Cumin Seeds
1 tsp Caraway Seeds
1 tsp Black Mustard Seeds
½ White Onion – chopped
2 Garlic Cloves – finely chopped
1 tsp Chilli Powder
1 tsp Turmeric Powder
1 tsp Salt
2 Tomatoes – chopped
2 Green Chillies – chopped (optional)
245g Chickpeas – rinsed and drained
170g Kale – chopped into bite size pieces
Water



Method:

On Medium to High, heat the oil in a large Sauté pan then add the seeds.

Fry until the mustard seeds start to pop and then add the onion and sauté until translucent and soft.

Add the garlic to the pan and fry for 1 minute, then add the salt, chilli powder and turmeric and fry till aromatic.

Add the tomatoes and chillies and sauté for 4 minutes until the masala thickens.

Add the chickpeas to the pan and stir in. You may need a splash of water to allow the chickpeas and masala to mix evenly.

After 2 to 3 minutes, add the kale in in handfuls and stir into the mix until all is wilted and the stalks have softened.

Try not to cook too long as all the water will leech out of the kale and the curry will become wet.

Serve with a dollop of Vegan Yoghurt and a sambal of thinly sliced red onion and green chilli or a naan or flatbread of choice.