CHICKPEA AND LENTIL CURRY

INGREDIENTS

- 1 onion finely chopped
- 2 garlic cloves crushed large
- 1 tbs oil
- 1 tsp chilli powder *to taste
- 1/2 tsp salt
- 1 pinch black pepper *to taste
- 1 tsp ground turmeric
- 1 tsp hot paprika
- 1 tbs ground coriander
- 1 tbs ground cumin
- 880 g canned chickpeas drained rinsed
- 880 g canned chopped tomatoes
- 1/4 cup red lentils optional
- 1 tsp garam masala1 tbs fresh coriander *to decorate

DIRECTIONS

1. Heat oil in a medium pan.

2. Add onion and garlic, and saute until onion is transparent, stirring constantly.

3. Add chilli powder, salt, turmeric, paprika, cumin and coriander, and cook for 2-3 minutes.

4. Add chickpeas and undrained tomatoes; and lentils if using, stir until combined. Simmer covered over low heat for 20 minutes, stirring occasionally.

5. Add garam masala.

6. Simmer covered for 10 more minutes.

7. Garnish with chopped fresh coriander leaves.

GLUTEN FREE

it's about the
Experience

Want more?
experience.avidarv.com.au/lifestyle/recipes

SERVES: 2