

Easy Chickpea Masala

🍲 2 servings

569 Kcal / serving

20g Protein 16g Fat 96g Carbs

Ingredients

- 80g - **Wholegrain rice**
- 1 (150g) - **Onion**
- 1 - **Garlic clove**
- 1 small (125g) - **Red pepper**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 1 teaspoon (5g) - **Ground cumin**
- 1 teaspoon (5g) - **Ground turmeric**
- 1 teaspoon (5g) - **Ground coriander**
- 1 teaspoon (5g) - **Garam masala**
- 400g - **Tin chopped tomatoes**
- 400g - **Tin chickpeas, drained and rinsed**
- 2 tablespoons (20g) - **Raisins**
- 40g - **Natural yoghurt**
- 1 tablespoon (10g) - **Toasted flaked almonds**
- **Freshly ground black pepper**
- **Handful fresh coriander leaves (optional)**



The Method

Put the rice in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer gently for 25 minutes for perfectly cooked rice.


Meanwhile, peel and dice the onion, Peel and crush the garlic. Remove the core from the red pepper and dice.

Heat a non-stick pan over a medium to high heat. Add the oil and then sauté the onion and red pepper for 2-3 minutes. Stir in the garlic and spices and then sauté for another 1-2 minutes.

Pour in the tomatoes and chickpeas, stirring to combine. Add the raisins and season with pepper. Cover, then reduce the heat and simmer for about 5 minutes until heated through.

Ladle the chickpea masala into bowls and garnish with a dollop of yoghurt and a sprinkling of coriander, if liked to serve.

 Suitable for vegetarians

 Suitable for batch cooking