

SPICY WEST AFRICAN CHICKPEA AND KALE CURRY

Cooking time: 30 mins

Serves:4

Ingredients:

- 1 cup potatoes peeled and diced
- 2 cups tinned chickpeas
- 1/2 cup onions, coarsely chopped
- 1 tablespoon pilau masala
- 2 tablespoons curry powder
- 1/2 tablespoon coriander powder
- 1 teaspoon turmeric powder
- 6 cloves crushed garlic
- 1 can diced tomatoes
- 1 cup packed full of chopped kale
- 2-3 cups water
- 3 tablespoons olive oil
- Salt and pepper to taste



Method:

- Heat oil in large saucepan and fry onions for 2-3 minutes. Add in all dried spices and garlic and cook for about 2 more minutes.
- Add in tomatoes, stir, and cook for 4-5 minutes. Then add in diced potatoes, a cup of water, and continue to cook until potatoes are almost tender.
- Add in chickpeas, chopped kale, remaining water, cover, and simmer for 20 minutes or until potatoes are soft.
- Season to taste with salt and serve.

