

## **CHICKPEAS CURRY**

**Serving 4**

### **INGREDIENTS:**

**2 tbsp cooking oil**  
**1 cinnamon stick**  
**3 green cardamom pods**  
**3 whole cloves**  
**1 yellow onion**  
**½ tsp garlic**  
**2 tsp ginger**  
**1-2 tbs tomato paste**  
**¼ tsp turmeric**  
**2 tsp coriander powder**  
**¼ tsp cayenne pepper**  
**1 can chickpeas**

### **PREPARATIONS:**

1. Heat oil in pan.
2. Add in cinnamon, cloves and cardamom.
3. Add onion and sauté until golden brown.
4. Add in garlic and ginger until fragrant.
5. Add in spices and tomato paste.
6. Simmer for 10-15 minutes. Add in garbanzo beans.
7. Garnish with fresh cilantro.