



BUTTER CHICKPEAS

Butter chicken will always be a favourite and we have made an even better under 20 minute plant-based version!

Chickpeas cooked in a homemade curry sauce using spices, tomatoes, caramelised onion and coconut cream. A delicious comfort meal to make and share with your whānau. Serve with cooked rice and cooked or fresh vegetables.

SERVES:

4

PREP TIME:

20 minutes

FRIDGE LIFE:

4 days

INGREDIENTS:

- 2 tbsp oil
- 1 onion, diced
- 1 carrot, grated
- 2 cloves garlic, crushed and thinly sliced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- 1 tsp sea salt
- 1x 400g can of chopped tomatoes (or fresh if in season)
- ½ x 400g can of coconut cream or coconut milk
- 1x 400g cans of chickpeas, drained + rinsed
- 1 tsp apple cider vinegar (or other vinegar)
- 1½ cups rice

METHOD:

1. Put your rice on to cook, following the packet instructions.
2. Heat the oil in a pan over a medium heat and add the diced onion. Sauté for 5 minutes.
3. Once softened, add the garlic, cumin, smoked paprika, turmeric, cinnamon and sea salt. Sauté for 3 more minutes.
4. Add the tomatoes, coconut cream, chickpeas and vinegar.
5. Gently mix everything together and simmer for 10 minutes, allowing it to thicken up.
6. Divide the butter chickpeas between bowls and serve with your cooked rice and vegetables.
7. Any leftovers will keep in an airtight container in your fridge for up to 4 days. The butter chickpeas can be frozen in an airtight container for up to 1 month.

HOW WOULD YOU MAKE THIS RECIPE FOR YOUR WHĀNAU?

1. Other than rice, what else could you serve your butter chickpeas with? E.g. additional veggies, protein, a different carbohydrate?
2. What seasonal vegetables would you add to this recipe if you were to cook it this week?