

Kale and Chickpea Curry

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Ingredients

1-2 tbsp rapeseed oil
½ tsp mustard seeds
1 tsp cumin seeds
1 large onion, diced
4 garlic cloves, crushed
4 plum tomatoes
800g/2 tins of chickpeas,
drained and rinsed
1 tsp salt, or to taste
1 heaped tsp coriander
seeds, crushed
1 green chilli, chopped
1 tsp red chilli powder
1 tsp turmeric
200g kale, chopped
1 green chilli, chopped

Method

- 01** Heat the oil in a lidded pan over a medium heat and when it's hot add the mustard seeds and then the cumin seeds.
- 02** Stir for a minute until you can smell the aroma of the cumin seeds and the mustard seeds stop sizzling, then add the diced onions.
- 03** Fry the onions for 15 minutes until they start to brown, then add the garlic. Fry together for 4 minutes before adding the tomatoes, stir and leave to cook for a few minutes.
- 04** Add the crushed coriander, green chilli, chilli powder, turmeric and salt and leave to cook on a gentle heat until the tomatoes start to break down and create a thick masala sauce (about 10 minutes).
- 05** Turn the heat up to thicken the sauce a little if required.
- 06** Add the chickpeas and stir to coat them with the masala. Add a splash of water and let them simmer for 5 minutes.
- 07** Add the chopped kale, a handful at a time, stirring in between. Leave this to cook for 5 minutes until kale is soft and tender. Serve with poori and some fresh plain yoghurt.

Served with

Great on its own, or as a side dish



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<http://www.harighotra.co.uk/kale-and-chickpea-curry-recipe>

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