

## CHICKPEA CURRY

### Ingredients

1 Onion, chopped

1 Tomato, chopped (Grind)

1 teaspoon Ginger and Garlic paste

½ teaspoon of turmeric powder

1 teaspoon curry powder (Optional)

1 Pinch salt to taste

1 (400g) chickpeas (soaked)

Fresh coriander leaves, for garnish, or more to taste



### Instructions

Heat oil in a pan over medium heat.

Fry chopped onions about 90 seconds.

Add ginger and garlic paste.

Add turmeric powder. Then add curry masala.

Add the soaked chickpeas.

Pour the tomato paste. Add salt to taste.

Let it cook for about 5 to 7 minutes.

Garnish with fresh coriander.

# CHAPATI

## **Ingredients**

250g chapatti flour

½ cup (approximately) water

Vegetable oil

## **Instructions**

Pour the flour into a bowl and then add the water a little at a time. Stir with your hands until you have a soft dough.

Knead the dough for about three minutes and then set aside covered while you heat up your pan over medium heat.

Dust the work surface with a little flour and divide your dough into about 8 to 10 smaller balls.

Flatten each ball between your hands and then flatten them more with a rolling pin until they are about 6 inches in diameter and 2 millimeter thick.

Dust off any excess flour.

Now oil the pan with just enough oil to create a film – ½ teaspoon should do the job – and dry fry your first chapatti for 30 seconds on one side.

Then flip it over and fry for another 30 seconds. Brown spots should appear on both sides.

If you are cooking on an electric stove, turn the chapatti over one last time and apply pressure to the surface with a spatula or kitchen towel. It should puff up.