



Celebrating Food, Art & Culture

Chef Spotlight
Celebrating Foods of the World



SRI LANKAN CHICKPEA CURRY

Servings: 8

Ingredients

- 1 tablespoon canola oil
- 1 teaspoon mustard seeds, toasted
- 2 teaspoons dried chili flakes
- 2 cups onions, small diced
- 2 teaspoons ginger, minced
- 1 teaspoon ground turmeric powder
- 2 teaspoons curry powder
- 1 cup tomato, diced
- 32 ounce can of chickpeas, drained, rinsed and lightly mashed
- 2 cups water
- 2 teaspoons salt

Directions

Place a heavy-bottom pot over medium heat. Add the canola oil, mustard seeds and chili flakes. When the seeds start to pop (3 to 4 minutes), add the onions and cook until translucent. Add the ginger, turmeric and curry powder and mix well. Let cook for 3 to 4 minutes. Add the tomato and let cook 3 to 4 minutes. Add the mashed chickpeas and stir to incorporate. Add the water and the salt.

Bring to a simmer, and then add the coconut milk. Reduce the heat to low and let simmer for 25 minutes.

Remove from the heat and keep hot until ready to serve.

Side dishes

Basmati Rice
Sautéed Spinach