

curried chickpea salad

Makes 4 servings

PREP TIME: 10 minutes

COOK TIME: 40 minutes

¼ cup olive oil
1 large onion, thinly sliced
3 Tbsp minced fresh garlic
1 habanero pepper, diced (or jalapeno for less spice)
3 Tbsp curry powder
2 tsp cumin
2 tsp smoked paprika
½ tsp nutmeg
sea salt and cracked black pepper, to taste
1 can of chickpeas, rinsed and drained
2 cups of vegetable stock or water
1 Tbsp lime juice
Habanero pepper sauce or other hot sauce, to taste

HEAT oil in pan and add onion, garlic, diced pepper and spices. Cook until fragrant and onions become translucent.

ADD chickpeas and stir to coat. Add the stock or water and simmer for 30 minutes. There should be some “sauce” at this point, and the beans should be very tender.

ADD lime juice and habanero/hot sauce. Season to taste with additional salt and/or pepper if needed.

SET aside to cool.

