

# Spicy chick pea

A speedy supper that can be prepared quickly on an evening after work.

Ready in **15** minutes Serves **4**

## Ingredients

- 1 onion, chopped
- 1 clove garlic crushed
- 2 peppers chopped
- 1 tin of chopped tomatoes
- 1 tin chick peas
- ½ tsp turmeric
- 1 tsp ground ginger, cumin
- 2 tsp ground coriander
- chunk of creamed coconut (approx 25g)
- handful of fresh coriander
- olive oil

## Method

1. Heat oil in a pan.
2. Sauté the onion, garlic and peppers in oil.
3. Add spices and cook for two minutes, stirring constantly (add a little water if sticking).
4. Add the cooked chick peas, tomatoes - add a little water if needed.
5. Bring to the boil, add the creamed coconut, and simmer for at least 10 minutes.
6. Add the fresh coriander towards the end of cooking time.