

Indian Butter Chickpeas

Serves: 8

Prep: 15 mins (+ 30 mins marinating)

Cook: 30 mins



Dietary: VEG, GF, EF, NF

Allergens: Dairy

Age group: 8 months+

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Ingredients

MARINADE

- ¾ cup (210g) natural yoghurt, unsweetened
- 1 tbsp (20g) finely grated ginger
- 1 tsp (3g) garam masala
- 1 tsp (3g) ground cumin
- 1 tsp (3g) mild paprika powder
- 1 tsp (3g) ground turmeric
- Pepper, to taste

- 800g canned chickpeas, drained and rinsed

CURRY

- 2 tbsp (40ml) extra virgin olive oil
- 1 small brown onion (50g), peeled and quartered
- 2 garlic cloves (20g), peeled
- 1 carrot (120g), peeled and roughly chopped
- 1 celery stalk (80g), rinsed and roughly chopped
- ½ cup (125ml) tomato paste
- 1 cup (250ml) canned coconut milk
- 1 cup (250ml) vegetable stock

- Fresh coriander, to serve with (optional)

Method

1. To make the marinade, combine all the marinade ingredients in a medium-sized bowl.
2. Toss the chickpeas through the marinade. Cover and refrigerate for half an hour or overnight.
3. In a large saucepan, heat the oil over medium heat.
4. Add onion, garlic, carrot and celery to a high-speed food processor and process until crushed.
5. Add vegetable mix to the saucepan and cook for 3-4 mins or until softened.
6. Add the marinated chickpeas, tomato paste, coconut milk, stock and any leftover marinade and cook for 15-20 mins.

Serving Suggestion: Serve with wholegrain rice, yoghurt, fresh coriander (optional) and a side of seasonal vegetables.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Swap yoghurt with a calcium fortified dairy-free alternative such as soy, oat or coconut yoghurt.
- ✓ **For selective eaters:** Deconstruct the meal by serving the chickpeas separated from the sauce and the rice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.