



Chickpea and Potato Rice



4 servings



25 minutes

INGREDIENTS

1 1/2 Mugs of basmati rice
1 Large onion
1 Large tomato
1 Large potato
Thumb sized piece of ginger
3 Cloves of garlic
200g Chickpeas
tsp of Cumin, Coriander +
Turmeric
Bay leaves
Chilli Flakes

NOTES

Garnish with coriander leaves. Enjoy with yogurt and mint dip. made with natural yogurt, mint and chilli powder

DIRECTIONS

1. Soak the rice in a bowl of warm water.
2. Peel and cut the potato into 1cm cubes.
3. Finely chop the onion and tomatoes
4. Grate the garlic and ginger.
5. Drain your chickpeas into a bowl.
6. Heat oil in a pan, add onions and fry until golden,
7. Add ginger + garlic, fry for another minute.
8. Add all spices and cook for 3 minutes with the lid on, stirring occasionally.
9. Add the potato cubes, tomatoes and chickpeas. Stir though and cook for 2-3 minutes.
10. Add the drained rice and cook for 3 minutes.
11. Add 2 1/2-3 cups of boiling water. Mix well.
12. Put lid on, bring to boil.
13. Turn down the heat, cook until the water has dissolved.