

Spicy Chickpea Curry

This Spicy Chickpea Curry is a vibrant and flavorful Indian dish that's perfect for any meal. Packed with protein and spices, it brings warmth and comfort in every bite.



Main Dish

Indian

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- 1 tbsp vegetable oil
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1/2 inch ginger, grated
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- 1/2 tsp red chili powder
- 1/2 cup diced tomatoes (fresh or canned)
- Salt to taste
- Fresh cilantro for garnish

Steps

- 1 Heat the vegetable oil in a pan over medium heat.
- 2 Add cumin seeds and let them sizzle for a few seconds.
- 3 Add the chopped onion and sauté until golden brown.
- 4 Stir in the minced garlic and grated ginger, cooking for another minute.
- 5 Add turmeric, garam masala, and red chili powder, stirring well.
- 6 Add the diced tomatoes and cook until they soften and form a sauce.
- 7 Stir in the chickpeas and salt, mixing to coat them in the spices.
- 8 Add a splash of water if needed and let it simmer for 5-7 minutes.
- 9 Garnish with fresh cilantro before serving.