

5th Ave Recipe Share

Coconut Chickpea Curry



This recipe was prepared and photographed by Bay Ridge resident, Elizabeth Zenteno. She found spices, coconut milk and chickpeas at Al-Waha Food Market at 7305 5th Ave, Bay Ridge Brooklyn. This recipe was adapted from www.realandvibrant.com



Ingredients:

- 2 tablespoons oil, I use avocado oil
- ½ medium yellow onion, finely diced
- 3 cloves garlic, minced
- ½ inch ginger, minced
- 2 jalapeño, seeded and finely diced
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground paprika
- Pinch of cayenne, optional
- 1 teaspoon sea salt, to taste
- ¼ teaspoon black pepper
- 2 (15-oz) cans chickpeas, rinsed and drained
- 2 (14.5-oz) can diced tomatoes
- 1 can full-fat coconut milk
- 1 lime, juiced
- ¼ cilantro, optional

Cooking Instructions:

1. Cook onions, garlic, and ginger: In a big pot, warm oil on medium-low heat. Add diced onion, garlic, and ginger. Cook this on medium-low heat, stirring frequently until the onion starts to appear translucent and smell fragrant, about 5 minutes.
2. Add the spices: Stir in the jalapeño, cumin, turmeric, paprika, cayenne, salt, and pepper, and cook for a minute until it becomes fragrant.
3. Add remaining ingredients: Stir in the chickpeas, diced tomatoes, and coconut milk. Bring to a gentle simmer and cook, uncovered, until the chickpeas are soft and tender, about 20 minutes.
4. Add lime juice and cilantro: Turn off the heat completely and stir in the lime juice and fresh cilantro.
5. Serve and enjoy: If you want to save it for later, be sure to completely cool down the chickpea curry before storing it. Best served over rice.