

Curried Chick Peas with Onions

Linda McCartney

Feeds 4

Ingredients

2 tbs olive oil
2 medium onions, thinly sliced
2 cloves garlic, crushed
2 tbs sesame seeds
1 tbs curry powder or to taste
sea salt
2 x 14 oz (400g) cans chick peas
3 tbs fresh lemon juice
1 tsp tamari or light soy sauce
3 tbs chopped fresh parsley

Method

Heat the oil in a large frying pan and cook the onion and garlic very gently, covered, for about 25 minutes or until meltingly soft and golden. Stir in the sesame seeds and curry powder. Season with a little sea salt to taste. Cook gently uncovered for 5 minutes, stirring occasionally.

Drain the chick peas, reserving 4 fl oz (125ml) of the liquid. Add the chick peas to the pan with the reserved liquid and cook, stirring frequently, until the chick peas are hot and almost all the liquid has evaporated.

Stir in the lemon juice, tamari and parsley. Serve hot with rice, or naan bread.

