

# Egg & Chickpeas Curry

by Ell'o

## INGREDIENTS

- 1 TBSP. VEG. OIL
- 2 GARLIC CLOVES , CRUSHED
- 1 LARGE CARROTS, SLICED
- 1 APPLE , CORED AND CHOPPED
- 1 TBSP. MEDIUM HOT CURRY POWDER
- 1 TSP. FINELY GRATED GINGER ROOT
- 2 TSP PAPRIKA
- 900 ML VEGE. STOCK
- 2 TBSP. TOMATO PÜREE (PASTE)
- ½ SMALL CAULIFLOWER , BROKEN INTO FLORETS
- 475 G CHICKPEAS, LINSED AND DRAINED
- 30 G SULTANAS
- 2 TBSP- CORNFLOUR
- 2 TBSP WATER
- 4 HAND BOILED EGGS , QUARTERED
- SALT AND PEPPER
- PAPRIKA, TO GARNISH
- CUCUMBER DIP
- 7,5 CM PIECE CUCUMBER , CHOPPED FINELY
- 1 TBSP. CHOPPED FRESH MINT
- 150 ML. NATURAL YOGHURT
- SPRIGS OF FRESH MINT TO GARNISH

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## METHOD

- HEAT THE OIL IN A LARGE SAUCEPAN AND FRY THE GARLIC, ONIONS, CARROTS AND APPLED FOR 4-5 MIN, UNTIL SOFTENED
- ADD THE CURRY POWDER, GINGER AND PAPRIKA AND FRY FOR 1 MIN.
- STIR IN THE VEG STOCK AND TOMATO PÜREE
- ADD THE CAULIFLOWER, CHICKPEAS AND SULTANAS. BRING TO BOIL, THEN REDUCE THE HEAT AND SIMMER, COVER FOR 25-30 MIN UNTIL VEGETABLES ARE TENDER.
- BLEND THE CORNFLOUR WITH THE WATER AND ADD TO THE CURRY, STIRRING UNTIL THICKENED. COOK GENTLY FOR 2 MIN. SEASON FOR TASTE.
- TO MAKE THE DIP, MIX TOGETHER THE CUCUMBER, MINT AND YOGHURT IN A SMALL SERVING BOWL.
- LADE THE CURRY ON TO FOUR WARMED SERVING PLATES AND ARRANGE THE EGGS ON TOP. SPRINKLE WITH A LITTLE PAPRIKA. GARNISH THE CUCUMBER AND MINT DIP WITH THE MINT AND SERVE WITH THE CURRY.