

Recipe

Treat yourself to chickpea curry

By Titus Kakembo

After one has sampled several vegetarian dishes, it dawns on one that being a vegetarian does not mean being unable to eat amazing curry. The reality is the very opposite.

A walk around Kampala, Mbale and Gulu Indian restaurants is a revelation of hundreds of Indian vegetarian tasty recipes to choose from.

Each of them is as tasty as their meaty counterparts and is attracting growing focus on vegetarianism as a sustainable diet.

VEGETABLES EASY TO MANAGE

Farmers argue that environmentally, rearing animals for food uses more energy and resources than growing vegetables.

They say one has to grow vegetables to feed animals in the first place.

The farmers say beef requires

160 times more land compared to producing potatoes, wheat, and rice.

Rearing cattle also produces eleven times more greenhouse gas.

The majority of Indians in Uganda are vegetarians and have a variety of super tasty cuisines to pick from.

Currently, vegetarian Indian recipes are made with a huge variety of vegetables and pulses as their main ingredient, from curried okra and aubergine to lentils and chickpeas.

This is in addition to using paneer, an Indian cottage cheese, which is another excellent vegetarian ingredient gaining popularity.

There is chickpea curry, which is a fresh new spin on the more traditional dish cooked with chickpeas and spinach by substituting the spinach with some fashionable kale.

Kale is visually beautiful, delicious to the tongue as the coriander seeds give the whole dish a zingy lift making a fancy dish to savour.



Chickpea curry

How to make chickpea curry

INGREDIENTS

- 1-2 teaspoon rapeseed oil
- ½ teaspoon of mustard seeds
- 1 teaspoon cumin seeds
- 1 large onion, diced
- 4 garlic cloves, crushed
- 4 plum tomatoes
- 800g/2 tins of chickpeas, drained and rinsed
- 1 teaspoon salt, or to taste
- 1 teaspoon of crushed coriander seeds
- 1 green chilli, chopped
- 1 teaspoon red chilli powder

- 1 teaspoon turmeric

- 200g kale, chopped
- 1 green chilli, sliced for garnish

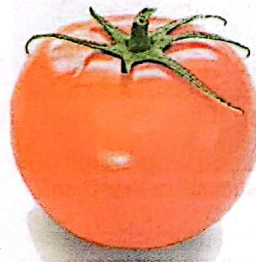
PROCESS

Start by heating the cooking oil over medium heat. Add onions and a pinch of salt and cook for three to seven minutes or until they soften. Then add garlic, ginger and spices and cook for another two minutes.

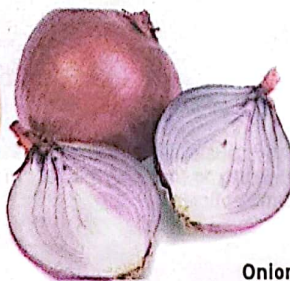
Thereafter, add chickpeas,

stock and coconut milk. Have the mixture heated and boiling. The next step is to reduce the content to a simmering level and cook gently for 10 minutes to allow the flavours to meld. Then add the kale and a pinch of salt and simmer gently for 10 more minutes.

Season the product to taste with salt and pepper (optional). Finish with a squeeze of fresh lemon juice just before serving.



Tomato



Onions