

# Chickpea curry with turmeric

Ingredients required for 4 persons

**Preparation time** 30 minutes

**Difficulty** medium

## Ingredients

160 g jasmine rice  
2 onions  
1 clove of garlic  
1 chili pepper  
2 EL coconut oil  
2 TL Garam Masala spice oil  
500 g chickpeas from a jar  
750 g tinned chopped tomatoes  
400 ml coconut milk  
2 TL turmeric powder  
3 EL coconut flour  
salt and pepper  
flat leaf parsley



## Preparation

Place water in a pot and bring to the boil. Pour in jasmine rice and cook for around 20 minutes. In the meantime, peel and finely mince onions and garlic. Wash the chili pepper, remove the seeds and chop finely. Heat coconut oil in a pot or wok and sauté garlic, onions and chili for a few minutes. Add chopped tomatoes, coconut milk and chickpeas and simmer over moderate heat for a few minutes. Stir in coconut flour, turmeric powder and Garam Masala spice oil. Season to taste with salt and pepper. Place the rice in bowls and pour over with the curry. Garnish with fresh parsley.