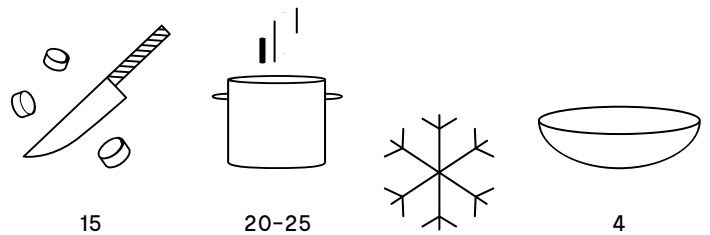




Channa Aloo Curry

This delicious comforting stew is bang on for an easy veggie mid week meal.



Ingredients

4 tablespoons The Groovy Food Company Organic Virgin Coconut Oil infused with Ginger
 2 -3 tablespoon curry powder
 1 large onion diced
 2 teaspoons minced garlic
 1 teaspoon ground allspice
 1 teaspoon ground nutmeg spice
 1½ teaspoon smoked paprika
 2 teaspoons fresh or dried thyme
 1 teaspoon cumin spice
 1 teaspoon white pepper.
 2 cans of chickpeas drained
 280g of peeled and cubed potatoes
 500ml stock -veg or chicken
 ½-1 teaspoon cayenne pepper optional
 1 scotch bonnet or habanero pepper
 2 onions chopped
 2 tablespoons or more chopped parsley
 Salt to taste

Directions

1. Gently heat up a large sauce-pan with coconut oil, and add onions, garlic, thyme, cumin spice, all spice, smoked paprika, nutmeg and curry powder, stir occasionally for about 2-3 minutes until onions are translucent.
2. Add the potatoes, stir and sauté for about 2-3 more minutes. Add a tablespoon of stock if necessary to prevent the pan from sticking.
3. Next add chickpeas, scotch bonnet pepper, and gently fry for a further minute before adding the remaining stock.
4. Bring to a gentle boil and let it simmer for 15 mins until sauce thickens.
5. To garnish, you chopped parsley, and salt to taste. Delicious served warm with a coconut flatbread. (see recipe)