

Chilli Chick peas with Coconut Rice

Serves 4

8oz of dried chick peas

These must be soaked for 12 hours and then boiled for 30 minutes.

1 Tin Tomatoes (chopped)

1 onion (chopped)

2 Garlic Cloves (crushed)

1 Red Pepper (sliced)

1 Yellow Pepper (sliced)

1 Tspn Fresh Coriander (chopped)

2 Spring Onion (diced)

1 tbspn Spicy paste

1 squeeze of Lime Juice

1 tspn Honey

1 tspn Sunflower oil

Method

Heat oil in large pan add onion ,garlic and spicy paste and fry for a few minutes do not allow this to brown add peppers and cooked or tinned chick peas ,lime juice ,honey and cook for a further 2 minutes add tinned tomatoes and cook for 10 minutes .Finish off dish with spring onion and fresh coriander.

Spicy Paste

1 teaspoon each of Sweet Paprika Powder, Garam Marsala, Cumin, Ground Coriander

1 pinch Cinnamon

1 tspn Chilli paste

1 tbspn Tomato Puree

1 dash of Chilli oil

1 finely chopped Onion

Heat oil in a pan add onion stir in rest of ingredients add a little water (about 3tbspn) and cover cook for 15 minutes on very low heat (do not allow to burn)

Coconut Rice

8oz of easy cook long grain rice

2oz creamed Coconut

1 chopped onion

1 pinch Thyme

1 Vegetable stock cube

2 pints water

Put all of the ingredients in a pan and cook on a simmer for about 15 minutes until rice grains are soft.