



Chickpea Vindaloo

Ingredients:

2 TBL olive oil
1 large onion, finely chopped.
1 full bulb of garlic, peeled and chopped.
1 TBL fresh ginger, grated.
1-3 tsp Goan Vindaloo
1 tsp turmeric powder
2 medium yellow potatoes, cut into small cubes
1 can chickpeas, washed and drained
¼ cup white wine or apple cider vinegar
1 + ½ cups water
1 sweet red pepper, cored and sliced
1 small zucchini, sliced
Salt to taste

For Garnish

Yoghurt
Cilantro

Instructions:

- 1 - In a large pot Sauté onions with olive oil for about 10 minutes until softened.
- 2 - Add garlic and ginger. Sauté for 2 minutes.
- 3 - Add Goan Vindaloo and turmeric. sauté for 2 minutes.
- 4 - Add potatoes, chickpeas, vinegar, water and salt. Bring to a boil.
- 5 - Cover and lower heat. Simmer for 10-15 minutes or until potatoes are tender.
- 6 - While vindaloo is simmering. Sauté red pepper and Zucchini in some olive oil for 5 minutes. Season.
- 7 - Add sautéed vegetable to vindaloo pot.
- 8 - Serve in individual bowls with rice or naan. Garnish with a dollop of yoghurt and chopped cilantro.

Spices Used: Goan Vindaloo

Prep Time: 10-20 mins

Cook Time: 30-40 mins