

Butter Chickpeas

Ingredients

Frying Chickpeas

- 1 Tbsp oil
- 1 800g can of chickpeas, drained and rinsed
- 2 tsp garam masala or tandoori masala
- salt & pepper to taste

Butter Chickpeas

- 1 Tbsp oil
- 1 cup chopped onions
- ½ Tbsp minced garlic (or paste)
- ½ Tbsp minced ginger (or paste)
- 1 tsp cumin
- 1 tsp garam masala/tandoori masala
- 1/3 cup butter
- 1 Tbsp lemon juice
- 3 Tbsp tomato paste
- ½ cup plain yogurt
- ½ cup heavy cream (can substitute with 3% milk)
- ½ cup cilantro leaves (optional)

Instructions

Frying the chickpeas

1. Heat oil in large frying pan over med-high heat. Add chickpeas. Sprinkle with masala. Season with salt & pepper.
2. Stir fry 3-4 minutes or until the chickpeas start to brown. Remove from pan and set aside.

Butter Chickpeas

1. To the same pan, add oil. Once hot, add chopped onions. Cook, stirring occasionally, 2-3 minutes or until onions are soft and translucent.
2. Add garlic and ginger. Sauté, stirring for 1 minute or until fragrant. Add ground cumin, masala, butter and lemon juice. Sauté, stirring until butter is completely melted.
3. Add tomato paste, cream and yogurt. Stir to combine.
4. Add chickpeas. Stir to combine.
5. Simmer on low for another 3-4 minutes. Remove from heat.

Serve with roti, naan and or rice. Top with chili flakes for extra heat.