

## Chickpea Curry with Tomato and Mango

Cuisine: N/A

Recipe Type: International

Cooking Time:

Serving: 5 Peoples

Ingredients:

- Canola oil, 62.5 mL
- 3 Medium, finely chopped Onion, 175 g
- 1 ½ Tablespoon, minced Ginger, 7.5 g
- 3 Cloves , crushed Garlic, 7.5 g
- 2 Tablespoons Curry powder, 5 g
- 2 Teaspoons Ground cumin, 6 g
- [Buitoni® Tomato Coulis](#), 1500 g
- 3 Cups, boiling Water, 375 mL
- 2 x 400g Cans chickpeas, drained and rinsed Chickpeas, 400 g
- 2 Small, peeled and cut into 2cm cubes Ripe Mangoes, 100 g
- Salt and ground black pepper, to taste Sea Salt, to taste 1 g
- Lime, wedges and coriander leaves, to garnish 10 g

Nutritional Information:

- Energy (kcal)*293 kcal*
- Protein (g)*9 g*
- Fats, total (g)*24 g*
- Carbohydrate, total (g)*47 g*
- Sugars, total (g)*17 g*
- Fats, saturated (g)*1 g*
- Fiber, total dietary (g)*4 g*
- Sodium (mg)*255 mg*
- Calcium (mg)*64 mg*
- Cholesterol (mg)*0 mg*
- Iron (mg)*2 mg*
- Vitamin A, IU*44 IU*
- Vitamin C (mg)*3 mg*
- Vitamin D (µg)*0 IU*

Procedure:

**1** Heat the oil in the pan and add the onions, ginger and garlic. Cook over medium heat until onions are translucent and the ginger and garlic becomes fragrant.

**2** Add the curry powder and cumin, and cook for a further 3 minutes.

**3** Stir in the Buitoni® Tomato Coulis, water and chickpeas and simmer for 20 minutes, until the sauce has thickened and the chickpeas are tender. Gently stir through the diced mango and cook for a further 5 minutes. Season to taste

**4** Transfer to a serving dish and garnish with lime and coriander. Serve accompanied by naan, paratha or basmati rice