

1. Put oil, onion and garlic into a bowl, cover and cook on high for 2 mins.
2. Add curry powder, potato, chilli and 50ml of water. Cover and cook on HIGH for 6 mins or until potato is beginning to soften.
3. Add the chickpeas, tomatoes and coriander and cook on HIGH for 5 mins.
4. Serve with rice or Indian bread.

- 1 Red onion, peeled, chopped
- 2 tbsp Oil
- 2 Garlic cloves, crushed
- 2 tbsp Medium curry powder
- 1 large potato, peeled and cut into small cubes
- 1 400gm (14oz) can chickpeas drained and rinsed
- 2 Fresh chillies, deseeded and finely chopped or ½ tsp dried chillies
- 2 Tomatoes, chopped
- 10gm Fresh coriander, chopped

Main course*'What's Cooking!' Recipe Card***CHICKPEA DHAL**

Preparation time 6mins

Cooking time 13mins

FOOD FACT:

Chickpeas are a good source of fibre, calcium, iron and zinc. And they are also a rich source of economical protein to substitute for meat in many dishes.

Serves 4-6