

CHICKPEA HOTPOT

3 cups dried chickpeas
4 tblsp olive oil
6 teasp cumin seeds
3 tblsp ground coriander
1 teasp cayenne pepper
3 brown onions, finely chopped
6 cloves garlic, crushed
8 tblsp tomato paste
810g can x 4 crushed tomatoes
4 cups water
20 (800g) new baby potatoes, quartered
15 baby carrots, halved lengthways
½ cabbage, sliced finely
1 cup fresh coriander, coarsely chopped

1. Place chickpeas in medium bowl, cover with cold water and stand overnight. Drain, rinse under cold water and drain again. Place chickpeas in medium saucepan of boiling water, return to boil. Reduce heat, simmer uncovered about 1 hour or until tender, drain.
2. Heat oil in large pot, cook cumin seeds, ground coriander and cayenne, stirring until fragrant. Add onion, garlic and cook until onion softens then add tomato paste, cook & stir for 2 minutes.
3. Add undrained tomatoes, the water, potatoes & chickpeas, bring to boil. Reduce heat, simmer uncovered for about 30 minutes, stirring occasionally until potato is just r and mixture thickened.
4. Then add carrot, cook uncovered about 5 minutes until carrot is tender also. Remove from heat and stir in chopped coriander and serve in bowls.