

TO FOLLOW

KARIPOT CHICKPEA, LEMON & CURRY LEAF RICE

INGREDIENTS

zest (cut into thin strips) and juice of 1 1/2 lemons - 5cm piece ginger, peeled and cut into julienne - 3 tablespoons finely chopped coriander - 3-4 fresh curry leaves - 1 tablespoon mustard seeds - 1 tablespoon cumin seeds - 1 large dried red chilli - 1/4 teaspoon ground turmeric - 400g can chickpeas, drained and rinsed - 250g basmati rice, rinsed - 1 teaspoon salt, or to taste - 2 tablespoons oil - 450ml hot water or vegetable stock

OPTIONAL GARNISH

4- 5 tablespoons roasted peanuts, lightly crushed NOTE: Shop-bought roasted peanuts work well.

INSTRUCTIONS

1. Heat the oil over a medium heat, then add the mustard seeds and cumin seeds - once they begin to sizzle and pop turn the heat down
2. Add the curry leaves, dried red chilli and ginger - stir and cook for 30 seconds
3. Then add the turmeric followed by the chickpeas and salt, stir and cook for 1 minute
4. Tip the rice into the pot, along with the lemon zest strips, juice and hot water or stock - give a gentle stir with a fork to stop the rice from clumping
5. Cover and bring to the boil. Reduce to a medium heat and cook for 12-15 mins or until all the liquid has absorbed and the rice is tender

SERVES 4 | PREPARATION TIME: 15 MINUTES | COOKING TIME: 25 MINUTES