

Chickpea curry

(Serves 4)

Reduce production of hexa-LPS and beta-glucuronidase with this recipe rich in galacto-oligosaccharides (GOS).



Ingredients:

- 2 tbsp olive oil
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 2 tsp garam masala
- 15 to 20 fresh curry leaves, or 30 dried curry leaves
- 1 large onion, diced
- 6 garlic cloves, minced
- 2 tsp ginger, minced
- 2 tbsp tomato paste
- 2 medium tomatoes, diced
- 800g boiled chickpeas (boiled will contain more GOS than canned)

- 400ml can coconut milk
- 1 tbsp lemon juice
- 3 tbsp tahini
- ½ cup water
- 2 tsp salt

Spices:

- 1 tsp curry powder
- 1 tsp coriander powder
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground turmeric
- ½ tsp ground black pepper

Method:

1. Heat the olive oil in a Dutch oven over medium-high heat.
2. Add cumin and coriander seeds, tossing frequently for around 1 minute.
3. Add curry leaves and stir for 15 seconds.
4. Add onions and ½ tsp salt. Cook until they are slightly tender.
5. Add garlic and ginger, stirring frequently for 1-2 minutes.
6. Add the spices and tomato paste, stirring frequently for 90 seconds.
7. Add tomatoes and the rest of the salt. Cook until tomatoes are soft (around 5 minutes).
8. Add chickpeas, tahini, coconut milk, and water. Cover the pot with a lid and simmer for around 20 minutes, stirring occasionally.
9. Stir in the garam masala.
10. Remove from heat and stir in the lemon juice.

Note: if anything starts to stick or get overly brown, simply add a small amount of water to deglaze the pot.