

Chickpea Creations



Kia ora koutou,

Chickpeas, also known as garbanzo beans, are grown worldwide including in Asia, the Middle East, Europe, Africa, and South America.

Chickpeas contain a variety of nutrients including fibre, protein, folate, iron and zinc. They are also a low-cost, delicious addition to make any family favourite go further and add flavour.

Preparing chickpeas

Tinned chickpeas can cost from \$1.65 - \$2.50 per can, and dried chickpeas are even cheaper. While tinned chickpeas can be eaten right away and have a quick cooking time, dried chickpeas need to be soaked before cooking to ensure they're digestible.

Soak: Cover dried chickpeas with plenty of water in a bowl overnight, or for at least 8 hours, then drain and rinse before cooking.

Cook: Add the soaked and rinsed chickpeas to a pot and cover with several inches of water. Bring to a boil, reduce the heat and simmer for about 1½ - 2 hrs, until tendered.

*You can also slow cook dried chickpeas in a slow cooker for 3-4 hours on high, or 6-8 hours on low, without pre-soaking.

Using chickpeas

There are so many ways to eat chickpeas, including roasted with spices and served warm, in soups and curries, in quick sauce on top of pasta or rice, or use to make falafel or hummus.

Pumpkin Kumara Chickpea Curry

- 1 tablespoon oil
- 1 onion, diced
- 3 cloves garlic, crushed
- 2 teaspoons curry powder
- 1 tablespoon tomato paste
- ½ a small pumpkin, peeled and cubed
- 1 large kumara, peeled and chopped
- 1 can chickpeas
- 1 can light coconut milk
- 1 can diced tomatoes
- A few leaves of silver beet or spinach

1. Heat oil in a large frying pan and cook the onion and garlic for a few minutes. Add curry powder and fry with onions for a minute, stirring.

2. Stir through tomato paste, the cubes of pumpkin and kumara. Once they are all coated, add drained chickpeas, coconut milk, and canned tomatoes.

3. Bring to the boil and cover with a lid, simmer for 15-20 minutes stirring occasionally until the pumpkin and kumara are cooked, or when they are soft to poke through.

4. Rinse the spinach leaves and add to the curry about 2 minutes before ready to serve.

5. Season to taste and service with rice

Variation: add cooked chicken. Fry chicken in a small amount of oil and add to the curry mixture until cooked.

Ngā mihi nui,
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