



Tomato & chickpea curry

<https://www.bbcgoodfood.com/recipes/tomato-chickpea-curry>

Ingredients

1 tbsp [olive oil](#)

400ml can [coconut milk](#)

2 [onions](#)

finely sliced

400g can chickpeas

drained and rinsed

2 [garlic cloves](#)

crushed

2 large [tomatoes](#)

quartered

1 tsp [garam masala](#)

½ small pack coriander

roughly chopped

1 tsp [turmeric](#)

cooked [basmati rice](#) to serve

1 tsp ground coriander

400g can [plum tomatoes](#)

Method

Step 1

Heat 1 tbsp olive oil in a large pan and add 2 finely sliced onions. Cook until softened, about 10 mins.

Step 2

Add 2 crushed garlic cloves, 1 tsp garam masala, 1 tsp turmeric and 1 tsp ground coriander, then stir to combine. Cook for 1-2 mins, then pour in a 400g can of plum tomatoes, break up with a wooden spoon and simmer for 10 mins.

Step 3

Pour in a 400ml can of coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.

Step 4

Tip in a drained and rinsed 400g can of chickpeas and 2 quartered large tomatoes, and warm through. Scatter over roughly chopped coriander from ½ small pack and serve with fluffy rice.