

CURRIED KALE AND CHICKPEAS WITH COUSCOUS

PREP TIME

10 mins

COOK TIME

40 mins

TOTAL TIME

50 mins

Tasty and yummy curried kale and chickpeas with couscous, another Culinary Zest Kitchen Sink Special.

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Recipe type: Main

Cuisine: Southeast Asian

Serves: 4-6

INGREDIENTS

- large bunch of kale
- 1 large onion
- 2-3 garlic cloves
- 1 15 oz can of chickpeas
- handful of dried currants
- ¾ cup chicken stock for couscous
- extra chicken stock for chickpea curry, amount will vary
- instant couscous
- ¼ cup natural peanut butter
- 1-2 tablespoons curry powder
- 1 tablespoon garam masala
- sriracha sauce
- freshly grated ginger
- salt
- virgin coconut oil

INSTRUCTIONS

1. add heated chicken stock to instant couscous and currants. Stir well, cover and let rest 10 minutes. Follow the directions on the box for perfect results.
2. chop the kale.
3. slice the onion.
4. peel garlic gloves and place in garlic press.
5. drain can of chickpeas and rinse under cold water, leave to drain.
6. heat pan over medium high heat, add coconut oil and fry your dry spices till fragrant. 30-60 seconds.
7. add onions, stir well and cook till softened. Add garlic, freshly grated ginger and sriracha sauce.
8. add the kale and cook till it begins to wilt.
9. add chickpeas and peanut butter, stir well to combine.
10. add extra chicken stock if needed to develop a cooking sauce to simmer in.
11. simmer 20-30 minutes
12. fluff couscous with fork before serving.
13. serve curried kale and chickpeas over mound of couscous
14. enjoy!

For the garam masala

- 1 tbsp [cardamom](#) seeds (if you can't buy the seeds then buy [cardamom](#) pods and shell them yourself)
- 1 tsp black [peppercorns](#)
- 1 tsp black [cumin](#) seeds (you can use regular [cumin](#) seeds if black aren't available)
- 1 tsp whole [cloves](#)
- 1/3 of a whole [nutmeg](#) (you can break a whole [nutmeg](#) by placing it on a cloth and bashing it with a meat mallet or rolling pin)
- a medium stick of [cinnamon](#), about 5-8cm/2-3 inches, broken up into 3-4 pieces

Method

1. Put all the ingredients in a clean coffee grinder or other spice grinder and grind as finely as possible.
2. Store in a tightly lidded jar, away from heat and sunlight and use as needed.

Find a recipe on BBC Food