

CHICK PEAS WITH CUMIN AND TOMATO



Time
30min



Servings
2

Calcium Recommended Daily Intake
12.90%

Calories

441

Calcium

129mg

Protein

19g

Vitamin D

0.00 IU

Ingredients

- 2 Tbsps (30ml) vegetable oil
- 1 tsp cumin seeds
- 1/2 tsp chilli powder
- 1/2 tsp salt
- 2 tomatoes, chopped
- 400 g canned chickpeas, drained
- 1 Tbsp (15ml) lemon juice
- 1 onion, chopped

Instructions

1. Warm oil and cumin in a large pot, until cumin turns darker brown.
2. Add salt and chilli powder, mixing well. Stir in chickpeas, tomatoes, lemon juice and chopped onions. Continue cooking and stirring until the chickpeas are soft and the mixture has thickened slightly.
3. Serve warm.