

BRASILIAN COCONUT & CHICK PEA CURRY

1.5 tbsp olive oil
1 onion , finely chopped
2 garlic cloves , minced
1 red capsicum/bell peppers , cut into 3 x 0.75cm strips
2 cans chickpeas , drained
400ml coconut milk , full fat for best flavour
400ml can crushed tomato
1 cup (250ml) chicken or vegetable stock/broth , low sodium
1 tbsp paprika
1 tbsp cumin
1/2 - 1 tsp cayenne pepper (adjust spiciness to taste)
1.5 tsp sugar
0.5 tsp salt
50g baby spinach leaves (or kale)

FINISHING & SERVING:

3 tbsp coriander cilantro , roughly chopped, plus more for serving)
1 tbsp lime juice , plus extra wedges for serving

Step 1: Heat oil in a pot or large deep skillet over high heat. Add garlic and onion, cook for 1 minute.

Step 2: Add capsicum, cook for 2 minutes until onion is translucent and slightly golden on edges.

Step 3: Add remaining Curry ingredients except baby spinach. Stir, bring to simmer then lower to medium low so it's simmering gently.

Step 4: Simmer 12 - 15 minutes until it changes from pale pink to an orangey red colour.

Step 5: Stir in spinach until just wilted, then stir in coriander and lime juice. Add more salt if needed.

Step 6: Serve over rice with a dollop of yogurt, extra sprinkle of coriander and squeeze of lime (don't go overboard, I often do and it's too sour!)

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef