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## *Indian Kale and Chickpeas*

*Serves 6 to 8*

### *Ingredients:*

- 1 TBSP oil
- 1 large bunch (  $\frac{3}{4}$  - 1 lb.) of kale or other leafy green vegetable
- 1 large onion, small dice
- 3-4 cloves (1 TBSP) garlic, minced
- 3 cups (28 oz can) chickpeas, rinsed and drained
- 1½ tsp garam masala
- ½ tsp ground turmeric
- ½ tsp ground coriander
- ¼ tsp ground cumin
- ¼ - ½ tsp cayenne pepper, to taste
- 1 tsp sea salt, or less
- 2 TBSP tomato paste mixed with ¼ cup water
- ¼ cup freshly squeezed lemon juice (about 1 lemon)

### *Preparation:*

1. Heat a large cast iron or non-stick skillet over medium heat. When hot, add the oil and onion and cook for 5-7 minutes, stirring occasionally, until the onion is softened and lightly golden. Add the garlic, and sauté for about 1 minute.
2. Stir the chickpeas, garam masala, turmeric, coriander, cumin, cayenne, and salt into the pan. In a small bowl mix the tomato paste with the ¼ cup of water until smooth, then add to the pan. Cook for 5 to 6 minutes, stirring occasionally.
3. Add the kale or greens of choice and a small sprinkle of salt to the pan. Let the greens wilt for about 1 minute to shrink somewhat before trying to stir them in. Carefully stir as the greens wilt to mix in fully. Sauté an additional 4 to 6 minutes, stirring occasionally.
4. Add the lemon juice, and stir, cooking 1 minute. Taste and adjust seasoning as desired.
5. Garnish with fresh cilantro or scallion greens, and serve with basmati rice, Asian noodles, or Indian flatbread. Finish it off with some hot sauce, sambal oelek, or plain unsweetened yogurt or raita. Enjoy!

Adapted from: *Indian-Spiced Kale and Chickpeas*,  
<https://www.thecuriouschickpea.com/indian-spiced-chickpeas-greens/>