

Curry-sautéed Chickpeas on Sweet and Sour Sauce

Preparation time: 25 min

Difficulty: Medium



Ingredients

- Cane sugar: 0,14 oz
- Corn flour: 1 tbsp
- Curry: as required
- Dried Chickpeas: 14 oz
- Extra Virgin Olive (EVO) Oil: as required
- Garlic: 1 clover
- Minced parsley: as required
- Pepper: to taste
- Rice or White wine vinegar: 3 tablespoons
- Salt: 1 pinch
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- Soy cream: 13 tablespoons
- Water: 7 tablespoons

Preparation

Melt all the ingredients for the sauce in water, together with **Pomì Tomato Juice**, whisk with a manual blender and cook over medium heat until the mixture thickens, keeping stirring. Test the thickness with a spoon and let rest.

Now it is time to prepare the chickpeas. Put some EVO oil and a garlic clover in a pan and heat up well, then add the chickpeas that you'll have previously soaked in warm water for about 6 hours. Let them simmer and add soy cream, curry and minced parsley. Cook until the liquids have reduced (but do not dry them), then serve in a soup plate, accompanied with a little bowl of Sweet and Sour Sauce to dress as desired.

For this recipe we used:

Tomato Juice 2 tbsp

