



Dum Aloo with Chickpeas

Dum aloo with chickpeas is a rich and fragrantly spiced Kashmiri dish made with small potatoes, spices and chickpeas. It is simple to prepare and packed full of healthy goodness.

Ingredients: Serves 4

1 tbsp coconut oil, butter or ghee	1 inch of fresh root ginger, peeled and finely diced
1 large onion, chopped	2 cloves
4 large chopped tomatoes or handful of cherry tomatoes	400g can of chopped tomatoes
1 leek, washed and sliced	Good squeeze of tomato paste
1 tsp cumin	100ml water (whoosh it round the emptied can of tomatoes)
4 green cardamom pods, crushed	500g new potatoes, washed, halved and pricked all over with a fork
1 tsp garam masala	400g pre-soaked chickpeas, or 400g can of chickpeas
1 tsp mustard seeds	3 large handfuls fresh spinach
½ tsp ground cinnamon powder or half a cinnamon stick	Coriander leaves freshly chopped
1 tsp turmeric	Salt and pepper
2 strands of saffron	Serve with naan bread
Pinch of cayenne pepper or chilli flakes	
2 tsp smoked paprika	
1 tsp asafoetida (optional)	

Method: To cook on the stove:

Use a large frying pan and melt the butter/ghee or coconut oil. Add the chopped onion and diced leek and fry for 5 minutes on a gentle heat until they start to brown. Add all the spices and fry for 20 seconds to release the flavours, then add the tinned tomatoes, water and tomato paste. Combine well.

Bring to the boil then add the potatoes, chickpeas and quartered tomatoes. Make sure to coat the potatoes in the gravy. Cover the pan and simmer for approximately half an hour (or until the potatoes have softened).

Just before you are ready to serve up, add the fresh spinach and coriander and combine well.

To cook in the slow cooker:

I cook on the high setting on my slow cooker. It's as simple as adding all the ingredients and add the spinach and coriander a few minutes before serving up. As I don't pre-fry or pre-boil anything you will not need the butter/ghee or coconut oil. It always turns out delicious.

Cook on a high setting for approximately 5 hours, stirring occasionally if possible.

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