

# Gill's Gourmet Gallery

## Chickpea curry

### Ingredients:

- 1 large tablespoon ghee
- 2 sliced red pepper
- 2 sliced onions
- 70g jalfrezi paste
- 1 500g tin chickpeas
- 1 small tin pineapple chunks or fresh pineapple and 100 ml water

### Method:

- Fry onions until golden in ghee.
- Stir in jalfrezi paste. Turn heat down heat and add 100ml pineapple juice or water, stir.
- Add peppers, drained chickpeas and chunks of pineapple.
- Simmer for 15 minutes on the hob and serve with paratha.
- Additionally you could place the ingredients at this point into an ovenproof dish and top with pastry shapes.

