



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Guyanese Chickpeas with Curry & Cauliflower

Ingredients

- 8oz dried chickpeas (soaked overnight or use instant pot) or two 15.5oz cans of chickpeas
- 1/2 tbsp cooking oil
- 1 medium onion, sliced
- 6 large garlic cloves, minced
- 2 wiri wiri peppers or 1 small scotch bonnet
- 1 1/2 tsp roasted ground jeera (cumin)
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1 tsp salt (adjust to your taste)
- 3 stems scallions, finely sliced

Directions

1. Bring a medium pot of water up to a boil. Add soaked chickpeas. Boil until soft, about 30-40 minutes. Alternatively, use an instant pot or pressure cooker to cook soaked peas for about 15 minutes.
2. After peas are cooked until tender, drain and set aside.
3. On medium-high heat, add oil to the skillet. Add onions, garlic, and pepper. Fry 2-3 minutes until tender.
4. Add chickpeas and fry for a few additional minutes.
5. Add jeera, paprika, black pepper, salt, and scallions. Fry a few more minutes. Adjust seasonings to your taste.

NOTE: For canned peas: Drain, rinse brine from peas. Set aside. Follow instructions from step 2. Add less salt, since canned chickpeas are saltier than dried peas.

