

Spicy Chickpeas

Authentic spicy chickpeas recipe with aromatic spices, tomatoes, and fresh herbs. Ready in 25 minutes, this flavorful vegetarian dish serves 6.

15 min

PREP

10 min

COOK

25 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 onion
- 0.9 lb boiled chickpea
- 2 green pepper
- 2 tbsp olive oil
- 1 tsp mustard
- 2 tsp granulated sugar
- 1.8 lb tomato
- 1 tsp fresh root ginger
- 1 clove garlic
- 0.5 tbsp pepper paste
- 1 tsp chili flakes
- 0 cilantro (coriander)

Instructions

- 1 Prepare the aromatics**

Heat 2 tablespoons olive oil in a large skillet over medium heat (160°C/320°F). Add the diced onions and cook for 5-6 minutes, stirring occasionally, until golden at the edges and translucent.
- 2** Add 1 teaspoon mustard seeds to the pan and cook for 30 seconds until they begin to pop and become fragrant. Add the diced peppers and cook for 3-4 minutes until softened.
- 3** Add 1 clove minced garlic and cook for 30 seconds until fragrant, stirring constantly to prevent burning.

4 **Build the sauce**

Add the canned tomatoes, breaking them up with a wooden spoon. Stir in 1/2 tablespoon ginger paste, 2 teaspoons red pepper paste, and 1 teaspoon sugar.

5 Bring mixture to a simmer and cook for 5 minutes until tomatoes break down and sauce thickens slightly, stirring occasionally.

6 **Add chickpeas**

Drain and rinse 1.8 pounds chickpeas, then add to the pan with 1 cup water. Bring to a simmer over medium-high heat.

7 Reduce heat to low and simmer for 7-10 minutes until sauce coats the chickpeas and flavors meld together. Season with salt and pepper to taste.

8 Remove from heat and garnish with fresh chopped cilantro leaves before serving hot.

Tips

Toast mustard seeds in dry oil over medium heat until they start to pop and release their aroma - this develops deeper, nuttier flavors than adding them to cold oil.

Use kitchen shears to roughly chop canned tomatoes directly in the can before adding to the pot, which saves time and creates better texture than whole tomatoes.

Mash about one-quarter of the cooked chickpeas against the pot sides with a wooden spoon to naturally thicken the sauce without adding flour or cornstarch.

Fresh ginger paste works better than ground ginger in this recipe - grate fresh ginger root using a microplane or fine grater for maximum flavor impact.

Let the onions cook until they develop golden edges before adding other ingredients - this caramelization creates a sweet foundation that balances the spices.

Add salt gradually throughout cooking rather than all at once, tasting as you go to build proper seasoning layers without over-salting.

Reserve some pasta cooking water if serving over grains - the starchy liquid helps the sauce cling better to rice or quinoa.

Garnish with fresh coriander leaves just before serving to maintain their bright color and fresh flavor - wilted herbs lose visual appeal and aromatic impact.