

BUTTER CHICKPEA CURRY 3 WAYS

Loaded Butter Chickpea Curry Roll

Serves 8

INGREDIENTS

For the butter chickpea curry:

- 3 tbsp butter
- 1 onion, diced
- 1 tsp crushed garlic
- 2 tsp curry powder
- 1 tsp ground ginger
- 1 tsp cumin
- 1 tsp salt
- 1 tbsp NESTLÉ Cremora
- 1 tin (410g) tomato purée
- 2 tins (400g) chickpeas, drained and rinsed

For the dough:

- 2 cups self-raising flour
- 1 cup plain yoghurt

To assemble:

- 1 cup grated low fat cheese
- 2 tbsp butter, melted
- 2 tbsp garlic, crushed

METHOD

For the butter chickpea curry:

1. Heat the butter in a pan over medium heat. Stir in the onion and garlic, and cook until the onions are soft and translucent.
2. Stir in the curry powder, ginger, cumin, and salt. Cook for 1-2 minutes, stirring.
3. Whisk the NESTLÉ Cremora with 1 cup of water until it is fully incorporated.
4. Pour into the curry, along with the tomato purée, and simmer for 10 minutes.
5. Add the chickpeas and simmer for further 10 minutes. Remove from the heat.

For the dough:

1. Sift the flour and gently fold in the yoghurt with a spatula until the mixture forms a dough.
2. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour, a little at a time, while kneading. Cover and set aside until you're ready to use your dough.

Single-Serve Butter Chickpea Curry Naan Pizzas

Serves 8

INGREDIENTS

For the butter chickpea curry:

- 1 tbsp butter
- 1 onion, diced
- 1 tsp crushed garlic
- 2 tsp curry powder
- 1 tsp ground ginger
- 1 tsp cumin
- 1 tsp salt
- 1 (410g) can tomato purée
- 1 tbsp NESTLÉ Cremora
- 2 tins (400g) chickpeas, drained and rinsed

For the dough:

- 2 cups self-rising flour
- 1 cup plain yoghurt

To assemble:

- ¼ cup tomato puree
- 1 cup grated cheese

Serving suggestion:

- Fresh coriander
- Thinly sliced red onion


METHOD

For the butter chickpea curry:

1. Heat the butter in a pan over medium heat. Stir in the onion and garlic, and cook until the onions are soft and translucent.
2. Stir in the curry powder, ginger, cumin, and salt. Cook for 1-2 minutes, stirring.
3. Whisk the NESTLÉ Cremora with 1 cup of water until it is fully incorporated.
4. Pour into the curry, along with the tomato purée, and simmer for 10 minutes.
5. Add the chickpeas and simmer for further 10 minutes. Remove from the heat.

For the dough:

1. Sift the flour and gently fold in the yogurt with a spatula until the mixture forms a dough.

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2. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour, a little at a time, while kneading. Cover and set aside until you're ready to use your dough.

To assemble:

1. Preheat oven to 200°C.
2. On a floured surface, roll out the dough into 8 rustic naan shapes.
3. Pre-bake the naans in the oven for 5-10 minutes until lightly crisp.
4. Spread the tomato puree over each naan and top with the butter chickpea curry.
5. Sprinkle cheese generously over each pizza and bake for a further 10 minutes, until the cheese has melted and the pizza is lightly charred and crispy.
6. Garnish with sliced red onion and coriander and ENJOY!

Naan-Crusted Butter Chickpea Curry Mug Pies

Serves 6

INGREDIENTS

For the butter chickpea curry:

- 3 tbsp butter
- 1 onion, diced
- 1 tsp crushed garlic
- 2 tsp curry powder
- 1 tsp ground ginger
- 1 tsp cumin
- 1 tsp salt
- 1 (410g) can tomato puree
- 1 tbsp NESTLÉ Cremora
- 2 tins (400g) chickpeas, drained and rinsed

For the dough:

- 2 cups self-rising flour
- 1 cup plain yoghurt

To assemble:

- $\frac{1}{3}$ cup butter, melted
- 2 tbsp garlic, crushed
- Fresh coriander, chopped

Serving suggestion:

Plain yoghurt

METHOD

For the butter chickpea curry:

1. Heat the butter in a pan over medium heat. Stir in the onion and garlic, and cook until the onions are soft and translucent.
2. Stir in the curry powder, ginger, cumin, and salt. Cook for 1-2 minutes, stirring.
3. Whisk the NESTLÉ Cremora with 1 cup of water until it is fully incorporated.
4. Pour into the curry, along with the tomato purée, and simmer for 10 minutes.
5. Add the chickpeas and simmer for further 10 minutes. Remove from the heat.

For the dough:

1. Sift the flour and gently fold in the yogurt with a spatula until the mixture forms a dough.
2. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour, a little at a time, while kneading. Cover and set aside until you're ready to use your dough.

A decorative border of various food icons in a simple, hand-drawn style, including items like cheese, a fork with spaghetti, a round flatbread, a slice of pizza, a mushroom, a lemon slice, a cupcake, a butter knife, a burger, a slice of pizza, a mushroom, a slice of pizza, a mushroom, and a fork with spaghetti.

To assemble:

1. Preheat the oven to 200°C and grease 6 large, oven-safe mugs.
2. Divide the curry between the mugs.
3. Divide the dough into 6 equal balls. On a floured surface, roll each ball into 5mm thick rounds – large enough to cover the mugs with some overhang on the rim.
4. Place each round of dough over the rim of each mug and cut a small 'x' in the centre. Bake in the oven for 15 minutes, or until golden and crisp.
5. Combine the melted butter with the garlic and chopped coriander and brush the surface of each naan crust.
6. Serve with a dollop of plain yoghurt on top and ENJOY!