



CHICK PEA STEW ON MASH POTATO with GARLIC INFUSED OLIVE OIL

INGREDIENTS

4 Medium size Potatoes
500 gms Chick Peas
1 Capsicum (Colour of your choice)
1 Medium Size Brown Onions
2 stems Spring Onions
1/4 Chopped Red Onion
Handful of Coriander Leaves
1 Medium sized Lime (juiced)
1 Tsp Coriander Powder
1 Tsp Cumin Powder
1 and 1/2 Tsp Tamarind Paste
2 TBSP Tomato Puree
1 TBSP Pureed Pitted dates or Sweetener to taste
1/2 litre Water
1 cup Hot Milk
2 - 3 Tbsp SATHYA Chilli Infused Olive Oil
3 - 4 Tbsp SATHYA Garlic Infused Olive Oil
1 - 2 Tbsp SATHYA Garam Masala Infused Olive Oil
Salt to taste

METHOD

Peel and Boil Potatoes until soft. Mash adding 2 tablespoons of Garlic Infused Olive Oil, hot milk, salt to taste, 1 tablespoon of lime juice, 1/2 tablespoon of Chilli Infused Olive Oil and pinch of sugar to a creamy smooth texture in a blender. Add 2 tablespoons of fried shallot onion flakes and mix evenly throughout. Mash potato is ready to serve.

To make Chick Peas Stew, soak chick peas overnight and boil with some salt in water till soft. Take a handful of chickpeas and blend to paste as this serves to provide a thick texture to your stew. Keep the rest of the boiled chick peas to one side and the chickpeas paste in a bowl.

Chop one medium sized onion and one red capsicum thinly. Take 1 - 2 tablespoons of Sathya Chilli infused Olive oil, 1 - 2 Tablespoons of Sathya Garlic Infused Olive Oil and 1 - 2 tablespoons of Sathya Garam Masala infused olive oil in a pan and heat the oil. Put onions and capsicum in the pan and fry till light brown. Put cumin powder and coriander powder and fry in the oil. Add boiled chick peas and stir evenly, then add 2 tablespoons of tomato puree and one-and-half teaspoons of tamarind paste and stir evenly. Put some water and one tablespoon of pureed pitted dates for light sweetness. When the water starts boiling, add the chickpea paste into the mixture and let it simmer. Switch the stove off.

Chop up finely one-quarter of red onion, handful of coriander, two stems of spring onions and mix with one tablespoon of lime juice. Add this fresh herb mix to the chickpea stew and serve over the mash potato.



For more delicious recipes visit our website www.sathyaoliveco.com