

AluChole with Rice

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Serves:

Oven Temp:

Prep Time:

Cooking Time:



Ingredients

Qty	Ingredient
4 ounce	Potato; diced; diced
1 lg	Onion; finely chopped
	Salt to taste
1 teaspoon	Garlic; crushed; crushed
4 sm	Cinnamon sticks
1 teaspoon	Cumin seeds
1	15 ounces ca chopped
3 tablespoon	Vegetable oil
2 tablespoon	Lemon luice
4	Bay Leaves
4 tablespoon	Coriander leaves; chopped; chopped
1/4 pt	Water
2	15 oz cans chick peas;

Method

Step	Instruction
1	1. Heat the oil and fry the cinnamon, bay leaves and cumin seeds for 1 minute. 2. Add onion and garlic, fry until golden brown. 3. Add chopped tomatoes, curry paste and salt. Fry for a further 2-3 minutes 4. Stir in chick peas, potatoes and water. Bring to the boil,cover and simmer for 15 minutes or until potatoes are cooked. Stir in the coriander and lemon juice. Garnish and serve with rice. Follow with a fruit crumble.

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