



Ana's Indo-Mauritian Curried Chickpea Wrap

Cuisine: Indo-Mauritian (Vegetarian/Vegan optional)

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 can of chickpea
- 1 bunch of coriander
- 1-3 tablespoons of cooking oil
- 1 large onion
- 2-3 cups of spinach
- 3-5 cloves of garlic
- A small piece of ginger
- 1 tablespoon of tomato paste
- 1 box of chole masala or mixed curry powder
- 1-2 cups of water
- 1 pack of wraps (tacos, tortilla, roti)
- 1 cup of yoghurt (any kind)
- Salt to taste
- 1-3 green chilies (optional)
- Lemon juice
- 2 pans (one flat and big enough for the wraps)

Ingredients to prep **before** the LIVE Cook-Along:

- Chop the following ingredients
 - Onions
 - Garlic
 - Coriander (including the stems)
 - Chilies
- Open the chickpea can
- Have all other ingredients ready to be used next to you
- NOTE: Make sure to wash all of your produce beforehand

Cooking Instructions (You can cook with us LIVE from this point forward):

1. Put the cooking oil in your pan and set the heat to medium (4-6)
2. Once the oil is hot, add half or $\frac{3}{4}$ of the chopped onions
3. Stir and cook until the onions become brown (2-3 minutes)
4. While the onion cooks, let's peel and cut the ginger
5. Add in the chopped ginger and garlic and stir for 1 minute
6. Add 3-4 tablespoons of our mixed curry powder and stir
7. Add in 1 tablespoon of tomato paste
8. Add in 3-4 squeezes of lemon juice (About 1 tablespoon)
9. Mixed and add 1 cup of water
10. Once the sauce thickens (2-3 minutes), add in the chickpeas and the chickpea water
11. Add in $\frac{1}{2}$ or $\frac{3}{4}$ of the chopped coriander and coriander stems
12. Add salt to taste
13. If the curry is already too thick, you can add a little bit more of water
14. Let the curry cook for about 10 minutes, and stir it often
15. Take a bowl, add the yoghurt, leftover onion and coriander and add some salt and stir with a fork or whisk
16. Make sure to check and stir the chickpea curry often
17. Meanwhile, you can take out your 2nd pan and set the heat to medium high (6-8)
18. Add your wrap on it once it is hot and let cook on each side for 1 min
19. Tip: You can add some butter or oil while the wrap heats
20. When the curry has thickened to your taste, put some on a wrap, add the yoghurt sauce on top and enjoy

Bon appétit!