Curry-sautéed Chickpeas on Sweet and Sour Sauce



Preparation time: 25 min
Difficulty: Medium

Ingredients

- Cane sugar: 4 g
- Corn flour: 1 tbsp
- Curry: as required
- Dried Chickpeas: 400 g
- Extra Virgin Olive (EVO) Oil: as required
- Garlic: 1 clover
- Minced parsley: as required
- Pepper: to taste
- Rice or White wine vinegar: 50 ml
- Salt: 1 pinch
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- Soy cream: 200 ml
- Water: 100 ml

Preparation

Melt all the ingredients for the sauce in water, together with **Pomì L+**, whisk with a manual blender and cook over medium heat until the mixture thickens, keeping stirring. Test the thickness with a spoon and let rest.
Now it is time to prepare the chickpeas. Put some EVO oil and a garlic clover in a pan and heat up well, then add the chickpeas that you'll have previously soaked in warm water for about 6 hours. Let them simmer and add soy cream, curry and minced parsley. Cook until the liquids have reduced (but do not dry them), then serve in a soup plate, accompanied with a little bowl of Sweet and Sour Sauce to dress as desired.

For this recipe we used:

Strained Tomatoes 2 tbsp

