



Curry-sautéed Chickpeas on Sweet and Sour Sauce



Time: 25 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Pomi L+ 500g 2 tbsp
- Cane sugar 4 g
- Corn flour 1 tbsp
- Curry as required
- Dried Chickpeas 400 g
- Extra Virgin Olive (EVO) Oil as required
- Garlic 1 clove
- 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

For this recipe we used:



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 clove 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.