

Baharatl? Nohut

Spiced chickpeas with aromatic herbs and vegetables. This flavorful Middle Eastern-inspired dish is perfect as a healthy main course or side.

15 min

HAZIRLIK

10 min

PI?IRME

25 min

TOPLAM

6

PORSIYON

Medium

ZORLUK

Baharatl? Nohut

Malzemeler

- 2 onion
- 0.9 lb boiled chickpea
- 2 green pepper
- 2 tbsp olive oil
- 1 tsp mustard
- 2 tsp granulated sugar
- 1.8 lb tomato
- 1 tsp fresh root ginger
- 1 clove garlic
- 0.5 tbsp pepper paste
- 1 tsp chili flakes
- 0 cilantro (coriander)

Yap?l???

- 1 Prepare the aromatics**

Heat 2 tbsp olive oil in a large pan over medium heat (160°C/325°F) until shimmering, about 1 minute. Add 2 sliced onions and cook for 5-6 minutes, stirring occasionally, until softened and lightly golden.
- 2** Add 1 tsp mustard seeds to the pan and cook for 30 seconds until they begin to pop and release their aroma.
- 3** Add 2 sliced bell peppers and cook for 3-4 minutes, stirring frequently, until slightly softened but still crisp.
- 4 Build the sauce**

Add 0.9 lb canned tomatoes (crushing them with your hands as you add), 1/2 tsp ginger paste, 1/2 tsp tomato paste, 1 minced garlic clove, 1 tsp chili powder, and 1 tsp sugar to the pan. Stir to combine and bring to a boil over medium-high heat.
- 5** Reduce heat to low and simmer for 3-4 minutes, stirring occasionally, until the sauce thickens slightly and the raw tomato flavor mellows.
- 6 Finish the dish**

Add 1.8 lb drained chickpeas and 1 cup water to the pan. Stir gently to coat all chickpeas with the sauce.
- 7** Simmer on low heat for 7-10 minutes, stirring occasionally, until the sauce reduces and clings to the chickpeas. Season with salt to taste.
- 8** Remove from heat and garnish with fresh cilantro leaves before serving immediately while hot.

?puçlar?

Toast whole spices like mustard seeds in the oil until they start to pop and release their aroma - this blooming technique intensifies their flavor significantly.

Don't skip the sugar - even this small amount balances the acidity of the tomatoes and helps develop the complex flavor profile.

For richer flavor, use the liquid from canned chickpeas (aquafaba) instead of plain water when thinning the sauce.

Let the dish rest for 10 minutes after cooking to allow the chickpeas to fully absorb the spiced sauce.

Crush canned tomatoes by hand rather than using pre-crushed varieties for better texture control and fewer additives.

Save time by using a garlic press instead of mincing - the smaller pieces will distribute more evenly throughout the dish.

Add fresh herbs like cilantro only at the very end to preserve their bright color and fresh flavor.

For meal prep, slightly undercook the chickpeas as they'll continue cooking when reheated.