# Chickpea Butter Chicken

Tender chickpeas in a creamy spiced tomato curry

**Prep 20 min | Cook 35 min | Serves 4**

## Ingredients



- 2 cans (400 g each) chickpeas, drained and rinsed
- 2 tbsp (28 g) butter, divided
- 1 onion (150 g), finely diced
- 3 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- 2 tsp garam masala
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp fine salt
- 1 can (400 g) crushed tomatoes
- 1/2 cup (120 ml) water
- 1/2 cup (120 ml) heavy cream

## Method

**1.** Drain and rinse the chickpeas. Dice the onion and prepare the garlic and ginger.

**2.** Melt half the butter in a deep skillet over medium heat. Soften onion for 6-8 minutes.

**3.** Stir in garlic, ginger, garam masala, cumin and paprika for 30 seconds. Add tomatoes, water and salt; simmer 10 minutes.

**4.** Add chickpeas and simmer gently for 10-12 minutes until hot and tender.

**5.** Lower the heat. Stir in cream and remaining butter; warm gently for 2 minutes without hard boiling.

**6.** Taste the sauce, loosen with a splash of water if needed, and serve hot.

**Storage and food safety**

Refrigerate leftovers in a covered container within 2 hours; keep at 40°F (4°C) or below and use within 3-4 days. Reheat thoroughly until hot throughout.