

# Suki's Punjabi Chickpea Curry with South Indian Lemon Rice

## For the Chickpea Curry

### Ingredients:

Homemade Chick Masala Spice Mix (From Suki's book) – or your own masala Spice mix  
400g tin of Cooked Chickpeas  
2-3 tbsp neutral oil  
1 large white onion, chopped  
2 tomatoes or 200g tinned tomatoes, chopped  
1 tsp tomato puree  
1tbsp ginger-garlic paste  
1 bay leaf  
½ tsp turmeric powder  
1 tsp dried mango powder  
½ tsp Degi Mirch red chilli powder (optional)  
½ tsp Kashmiri Mirch red chilli powder (optional)  
Juice of ½ a lemon  
250ml of warm water  
Salt to taste  
1 green chilli – slit (optional)  
1 inch ginger, julienned  
1 tsp Garam Masala

### Directions:

#### **To make the spice mix:**

Take 2 black cardamoms, 1 inch cinnamon stick, 2 cloves, ¼ tsp carom seeds, 1 tsp cumin seeds, 5 black peppercorns 2 heaped tsp coriander seeds, ½ tsp fennel seeds, ½ tsp dry pomegranate seeds and 1 dried Kashmiri red chilli. Dry roast the spices for a minute or two on medium heat. Once cooled, grind into a powder and keep in an airtight tin.

#### **For the Curry:**

Fry onions until they are golden in colour, which can take up to 8-10 mins on a medium heat

Add ginger-garlic paste and fry for a minute or until the raw smell of garlic vanishes  
Lower the heat and add 2 tsp homemade chickpea masala spice mix (as above) Degi Mirch red chilli powder, turmeric powder, and a few tbsp of water. Fry for a few minutes.

Add chopped tomatoes, tomato puree, and Kashmiri Mirch red chilli powder on a medium heat and cook for 4-5 minutes until mushy and there is oil on the sides of the pan.

Add cooked chickpeas into the sauce and mix well.

Add salt, slit green chilli, dried mango powder and warm water. Lower the heat, cover and cook the chickpeas in the sauce for 5 minutes.

With a potato masher, mash a few chickpeas to thicken the sauce.

Switch off the burner.

Garnish with Garam masala, lemon juice, chopped coriander leaves, and the julienned ginger.

Serve with South Indian Lemon Rice.

## For the South Indian Lemon Rice

### Ingredients:

200g Basmati rice, cooked

2-3 tbsp neutral oil

1 inch ginger, finely chopped

½ tsp mustard seeds

1 tsp Urad lentils

1 tsp peanuts

1 bay leaf

¼ tsp Asafoetida powder

10 fresh curry leaves (or dried if you can't get fresh)

½ tsp cumin powder

½ tsp turmeric powder

Juice of 1 lemon

1-2 dried red chillies (optional)

Salt to taste

### Directions:

#### **For Rice:**

You can use leftover steamed rice or make a fresh batch and allow it to cool slightly.

#### **For Sauteing Peanuts:**

Sauté peanuts in a frying pan with a tsp of oil for a couple of minutes. Remove them onto a paper towel and aside.

In a non-stick pan, add oil on a medium heat.

Once hot, add a bay leaf, Urad lentils, and mustard seeds. Mix well and fry on a medium heat.

Once the mustard seeds splutter, add Asafoetida powder and fry for another minute

Add the chopped ginger and mix well.

As the colour of the ginger turns slightly translucent, add curry leaves and dried chillies and mix well for less than a minute.

Lower the heat, and add cumin powder, and turmeric powder. Fry for approximately 30 seconds and turn off the burner.

Add the cooked steamed rice to the tempered spices and mix thoroughly.

Recipes from 'Garnish with Garam Masala' By Suki Pantal  
©Suki Pantal | 2025

Add lemon juice and salt to taste. Mix the rice delicately.

**Note:**

*Mustard seeds can be bitter, so use them sparingly. I love the fragrance of fresh curry leaves, but if they are not available, use dried curry leaves. Remove the bay leaf from the mixture before serving and discard.*