



# Chickpea Vindaloo

Vindaloo, a dish with a rich history shaped by Portuguese influence during colonial times, is renowned for its fiery and bold flavours.

Originating in the tropical coastal province of Goa, Vindaloo traditionally features pork as its primary protein, reflecting the region's culinary heritage. Our vegetarian version of Vindaloo, is a tantalizing blend of spices, tangy vinegar, and aromatic garlic, all melding together to create a vibrant and flavourful culinary experience.

## Chickpea Vindaloo

Vindaloo is a fiery stew with Portuguese influence from colonial times. Hot Indian chiles are combined with vinegar (vin) and garlic (aloo). In the tropical coastal province of Goa it is made with Pork. This is our vegetarian take on the popular Indian dish.

- 2 tbsp olive oil
- 1 Large Onion (finely chopped)
- 1 bulb Garlic (peeled and chopped)
- 1 tbsp Ginger (Grated)
- 1-3 tsp Goan Vindaloo
- 1 tsp Turmeric Powder
- 2 medium Yellow Potatoes (cut into small cubes)
- 1 can Chickpeas (washed and drained)
- ¼ cup White Wine or Apple Cider Vinegar
- 1 ½ cups Water
- 1 Sweet Red Pepper (cored and sliced)
- 1 Zucchini (sliced)
- salt (to taste)

## For Garnish

- Yoghurt
- Cilantro

1. In a large pot Sauté onions with olive oil for about 10 minutes until softened.
2. Add garlic and ginger. Sauté for 2 minutes.
3. Add Goan Vindaloo and turmeric. sauté for 2 minutes.
4. Add potatoes, chickpeas, vinegar, water and salt. Bring to a boil.
5. Cover and lower heat. Simmer for 10-15 minutes or until potatoes are tender.
6. While vindaloo is simmering. Sauté red pepper and Zucchini in some olive oil for 5 minutes. Season.
7. Add sautéed vegetable to vindaloo pot.
8. Serve in individual bowls with rice or naan. Garnish with a dollop of yoghurt and chopped cilantro.

## Main Course

### Indian & South Asian

### Vegetarian, Vindaloo

#### Ingredients:

2 TBL olive oil

1 large onion, finely chopped.

1 full bulb of garlic, peeled and chopped.

1 TBL fresh ginger, grated.

1-3 tsp Goan Vindaloo

1 tsp turmeric powder

2 medium yellow potatoes, cut into small cubes

1 can chickpeas, washed and drained

¼ cup white wine or apple cider vinegar

1 + ½ cups water

#### Instructions:

1 - In a large pot Sauté onions with olive oil for about 10 minutes until softened.

2 - Add garlic and ginger. Sauté for 2 minutes.

3 - Add Goan Vindaloo and turmeric. sauté for 2 minutes.

4 - Add potatoes, chickpeas, vinegar, water and salt. Bring to a boil.

5 - Cover and lower heat. Simmer for 10-15 minutes or until potatoes are tender.

6 - While vindaloo is simmering. Sauté red pepper and Zucchini in some olive oil for 5 minutes. Season.

7 - Add sautéed vegetable to vindaloo pot.

8 - Serve in individual bowls with rice or naan. Garnish with a dollop of yoghurt and chopped cilantro.

1 sweet red pepper, cored and sliced

1 small zucchini, sliced

Salt to taste

## **For Garnish**

Yoghurt

Cilantro

**Spices Used:** Goan Vindaloo

**Prep Time: 10-20 mins**

**Cook Time: 30-40 mins**