

# Stir-Fried Curried Chickpeas with Potatoes and Carrots

Crisp spiced chickpeas are one of the great snack foods of all time, too good to confine to nibbling. Here they're added to a grated-root-vegetable stir-fry, which benefits greatly from the extra crunch and seasoning.

## Ingredients

4 tablespoons vegetable oil

4 cups cooked or canned chickpeas (two 15-ounce cans)

1 ½ pounds russet or Yukon Gold potatoes

1 pound carrots

2 garlic cloves

1 inch fresh ginger

1 tablespoon curry powder

Salt and pepper

1 bunch fresh cilantro

¼ cup coconut milk

## Prep | Cook

1. Put 2 tablespoons vegetable oil in a large skillet over medium-high heat.

If you're using canned chickpeas, rinse and drain them.

2. Add the chickpeas to the skillet and cook, stirring or shaking the pan occasionally until they are golden and crisp, 10 to 15 minutes.

Scrub the potatoes; trim and peel the carrots. Shred both in a food processor with a grating disk or by hand.

Peel 2 garlic cloves and 1 inch fresh ginger; mince them together.

3. When the chickpeas are golden and crisp, add 1 tablespoon curry powder and a sprinkle of salt and pepper. Cook, stirring until the curry powder is fragrant, a minute or 2. Transfer the chickpeas to a plate.

4. Add 2 tablespoons vegetable oil to the skillet along with the garlic and ginger. Cook, stirring until they're fragrant, 30 seconds to a minute.

5. Add the potatoes and carrots, stirring them around to coat in whatever curry powder was left behind. Cook, stirring occasionally until the vegetables are tender and lightly browned, 8 to 12 minutes. Chop  $\frac{1}{2}$  cup cilantro.
6. When the vegetables are tender and lightly browned, sprinkle with salt and pepper. Stir in  $\frac{1}{4}$  cup coconut milk, scraping any browned bits off the bottom of the skillet.
7. Stir in the cilantro and the chickpeas, taste and adjust the seasoning, and serve.

#### VARIATIONS

##### **Spicy Stir-Fried Chickpeas with Sweet Potatoes**

Swap 2  $\frac{1}{2}$  pounds sweet potatoes for the potatoes and carrots, 1 minced fresh hot green chile for the ginger, and 2 teaspoons chili powder and  $\frac{1}{2}$  teaspoon cayenne for the curry powder. Omit the coconut milk.

##### **Stir-Fried Curried Chickpeas with Chicken and Carrots**

Skip the potatoes. Before adding the garlic and ginger in Step 4, cook 12 ounces chopped boneless, skinless chicken thighs until they lose their pink color and are cooked through, 5 or 6 minutes. Add them

to the chickpeas and stir both of them back into the skillet in Step 7.

#### NOTES

##### **MAKE YOUR OWN**

**Cooked Beans** 496

**Curry Powder** 758

##### **EVEN FASTER**

Cook the garlic, ginger, and vegetables in another skillet while the chickpeas are crisping.

#### SIDES

**White Rice** 941

**Cucumber Raita** 916

**Crisp Seasoned Pita** 908