



fresh produce



seafood



gourmet

Dried Apricots Health Benefits



Chickpea Peanut Curry with Dried Apricot and Raisins

Ingredients

- 1 tablespoon oil
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 1½ teaspoons curry powder
- ½ teaspoon coriander powder
- ½ teaspoon chili powder
- 1½ cups vegetable stock
- ½ cup natural peanut butter
- 540 grams can of chickpeas
- ½ cup dried apricots, quartered
- ⅓ cup raisins
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- Cilantro & peanuts, to garnish
- Salt, to taste

Preparation

Preheat the oven to 350°F.

1. On medium heat, add the oil to a medium sized pot and cook the onions for 5 minutes. Add the garlic and cook for another 3 minutes, or until the onions are translucent.
2. Add the spices and cook until fragrant, about 1 minute.
3. Add the stock and peanut butter. Turn the heat up to medium-high and bring to a boil.
4. Once the mixture comes to a boil, reduce the heat to medium-low and let it cook for about 5 minutes, or until the peanut butter and broth becomes creamy.
5. Add the remaining ingredients and stir well.
6. Place the pot into the oven (alternatively, place the stew into an oven-safe pot).
7. Cook for 30 minutes. Serve over rice or quinoa (to make it grain-free) and garnish with cilantro and peanuts.

