

# Spicy Chickpea Stew With Turmeric

Preparation time 60 min

## You Need

- ¼ cup olive oil (plus more for serving)
- 4 garlic cloves, chopped
- 1 large yellow onion, chopped
- ½ cup chopped celery
- 4 tbsp. ginger, peeled and finely chopped
- salt and black pepper
- 1 ½ teaspoons ground turmeric, plus more for serving
- 1 tsp. red-pepper flakes, plus more for serving
- 1 pack dried chickpeas soaked and cooked until desired softness (4 cups)  
Alternatively 2 cans chickpeas, drained and rinsed
- 2 cans full-fat coconut milk
- 2 cups vegetable stock (or water, then season to taste)
- 2 tbsp. freshly squeezed lemon juice
- 1 cup cilantro leaves (for serving)

Toasted pita or flatbread, for serving

Heat oil in a large pot over medium heat. Add garlic, onion, celery and ginger. Season with salt and pepper and cook, stirring occasionally until onion is translucent and starts to brown a little around the edges, 3 to 5 minutes.

Add turmeric, red-pepper flakes and chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get browned and crisp, 8 to 10 minutes. Remove one cup of chickpeas and set aside for garnish.

Crush the remaining chickpeas slightly so they help thicken the soup. Add coconut milk and stock to the pot, and season with salt and pepper. Cook, stirring occasionally, until stew has thickened and flavors have started to come together, 30 to 35 minutes.

(Taste a chickpea or two, not just the liquid, to make sure they have simmered long enough to taste as delicious as possible.) If after 30 to 35 minutes you want the stew a bit thicker, keep simmering until you've reached your desired consistency. How you like your dish's consistency is a personal journey, some like it hearty some juicy ;-)

Season again with salt and pepper add the lemon juice and stir.

Divide among bowls and top with cilantro reserved chickpeas, a sprinkle of red-pepper flakes and a good drizzle of olive oil. Serve alongside toasted pita if you like.

