



CHICKPEA-STUFFED PEPPERS

- * 3 Tbsp olive oil for frying
- * 1 tsp masala powder
- * 1 tsp grated fresh ginger
- * 1 clove garlic, chopped
- * ½ onion, chopped
- * 12 cherry tomatoes
- * 1 tsp curry powder
- * 5 tsp vegetable stock
- * 2 tsp cornflour, dissolved in
- * 2 Tbsp water
- * 1 x 400g can chickpeas, drained
- * 6 small yellow or red peppers

- 1.** Heat the olive oil in a pan, then fry the masala powder, ginger and garlic for 1 minute. Add the onion and fry for another minute. Add the tomatoes and fry for 2 minutes. Stir in the curry powder and fry for 1 minute. Pour in the stock and cook for 8 minutes. Finally, add the dissolved corn flour and chickpeas and cook for 5 minutes.
- 2.** Cut the tops off the peppers and set aside to use as 'lids'. Deseed the peppers. Stuff the peppers with the chickpea filling and secure the lids back on with foil.
- 3.** Braai over medium coals for 25–30 minutes.