

Chole Chickpea Stew

with Collard Greens & M'smen Bread



This recipe uses a dollop of fresh coconut yogurt to complement the classic array of spices and give the dish a cool, satisfying smoothness. Coconut yogurt (not to be confused with coconut flavored yogurt) is dairy-free, made only from rich coconut milk, coconut water and the natural cultures found in normal yogurt. It is uniquely flavorful and velvety, with the slightly sweet, unmistakable undertone of coconut.

Ingredients

- 1 15-Ounce Can Chickpeas
- 1 1-Inch Piece Ginger
- 4 Cloves Garlic
- 3 Cardamom Pods
- 1 Bunch Cilantro
- 1 Red Onion
- ½ Bunch Collard Greens
- 1 14.5-Ounce Can Chopped Tomatoes
- 2 Pieces M'smen Bread
- 2 Tablespoons Plain Coconut Yogurt
- 1 Tablespoon Chole Spice Blend (Coriander, Cumin, Chili Powder, Garam Masala & Turmeric)

Makes 2 Servings
About 615 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Drain and rinse the chickpeas. Peel and mince the garlic and ginger. Working one at a time, smash each cardamom pod by laying the broad side of your knife on top of it and hitting it with the heel of your hand. Pick the cilantro leaves off of the stems; discard the stems. Peel and thinly slice the onion. Cut out and discard the stems of the collard greens, then chop the leaves into bite-sized pieces.



Toast the spices:

Heat a medium pot on medium until hot. Add the **cracked cardamom pods** and the **chole spice blend**; toast 1 to 2 minutes, or until fragrant, stirring frequently.



Cook the aromatics:

Stir 2 teaspoons of olive oil into the toasted spices. Add the **onion**, **garlic** and **ginger**. Season with salt and pepper and cook, stirring frequently, 3 to 5 minutes, or until the onion has softened.



Start the stew:

To the pot of aromatics, add the **tomatoes**, **chickpeas**, **collard greens** and **2 cups of water**; season with salt. Increase the heat to high and bring to a boil. Once boiling, reduce the heat to medium and simmer 4 to 5 minutes to develop and combine the flavors. Remove from heat then, using a fork, mash about $\frac{1}{4}$ of the chickpeas against the side of the pot. Stir to incorporate. Return to heat and cook for an additional 3 to 5 minutes, or until slightly thickened. Season with salt and pepper to taste.



Heat the m'smen bread:

While the stew is simmering, heat a medium pan on high until hot. Working one piece at a time, add the **m'smen bread** and toast 30 seconds to 1 minute per side, or until soft and warm.



Plate your dish:

Divide the chole between 2 dishes, top with a dollop of **coconut yogurt**, then garnish with the **cilantro**. Serve the warm m'smen bread on the side. Enjoy!