

CELERY AND CHICKPEA PORIYAL

- 2 tbsp coconut oil
- 1 tsp mustard seeds
- 1 tsp dry chilli flakes or hot paprika
- 1 cup chickpeas, soaked and crushed lightly
- 10 curry leaves (optional)
- 1 small onion, chopped
- 1 tsp [turmeric powder](#)
- 1 whole bunch celery, finely chopped (about 4 cups)
- 1/4 cup water
- 1/8 cup dry shredded coconut (unsweetened)
- Salt to taste
- 1 cup spinach leaves

For kadai (wok) /cooking pan method:

1. Rinse and clean the celery stalk well. Chop them into tiny pieces and set aside.
2. Soak 1 cup of chickpeas in 2 cups of water, overnight. Then crush them lightly with the back of a spoon. Set aside.
3. Heat oil in a kadai/wok. Once hot, add mustard seeds and let it pop. Then throw in the red chillies, chickpeas and curry leaves. Saute for a minute.
4. Add the onions, little salt and turmeric powder and saute for 5-8 minutes. Finally add the celery and water. Cook covered for 15 minutes for crunchy poriyal or 20 minutes for softer version.
5. Stir through spinach and add coconut, salt to taste and mix well to combine.
6. **Serve**