

Chickpea and Spinach Curry



Ingredients (serves 4):

- 2 tablespoons olive oil
- 1 onion, diced
- 1 teaspoon fresh or dried chilli, to taste
- 9 garlic cloves (or to taste)
- 1-inch piece ginger, peeled
- 1 tablespoon ground coriander
- 2 tablespoons ground cumin
- 1 tablespoon garam masala
- 2 tablespoons tomato purée
- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g coconut milk
- ½ small pack coriander, chopped, plus extra to garnish
- 100g fresh spinach

Make:

1. Heat the olive oil in a frying pan, add the diced onion and dried chilli then cook until onions are softened, about 8 mins.
2. Add the garlic, ginger, ground coriander, cumin, garam masala, tomato purée and season with a little salt.
3. Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.
4. Add the coconut milk, cook for 5 mins more, then add ½ small pack chopped coriander and continue simmering until all ingredients are well mixed.
5. For the last 10 minutes of cooking time, (while the rice is cooking separately) add 100g spinach to the chickpea mixture and cook until wilted.
6. Garnish with extra coriander and serve with rice or dhal.

