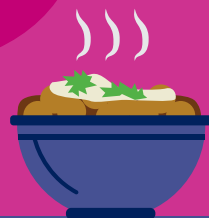


# Spinach and chickpea curry

This delicious recipe is quick, cheap and a good source of iron, fibre and protein.



**Serves: 2**

## Ingredients:

- 1/2 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, finely grated
- 1/2 tsp powered ginger
- 1 long green chilli, finely chopped (optional)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp garam masala
- 1/2 tsp ground turmeric
- 1 tbsp tomato puree
- 1 x 400g tin chopped tomatoes
- 200ml vegetable stock
- 1 x 400g tin chickpeas, rinsed and drained
- 75g baby spinach
- Pinenuts (optional)
- To finish: 2 tbsp natural yoghurt



## Method:

1. Heat the oil in a large non-stick saucepan over a high heat. Add the onion and cook for 2-3 minutes or until they are starting to turn brown
2. Add the garlic, ginger, chilli (optional), cumin, coriander, garam masala, turmeric. Stir in the tomato puree and cook for another minute
3. Add the tinned tomatoes, stock and chickpeas, bring to a simmer and cook for 20-30 minutes until the sauce thickens. If it gets too thick, loosen with a splash of boiling water
4. When ready to serve, stir through the spinach and cook briefly until it starts to wilt
5. Divide the curry between warmed bowls and top each portion with a dollop of yoghurt and a sprig of coriander to serve