

Chickpea Curry

A quick and easy veggie curry that's three of your five a day! Packed with protein and fibre, this warming dish will keep you fuller for longer and your tastebuds satisfied. Try adding or swapping in some of your favourite veggies to mix it up- sweet potato, butternut squash and aubergine would all work well in this curry.

INGREDIENTS

1 tbsp vegetable oil
1 large onion, finely sliced
2 cloves garlic, grated or finely chopped
1 tbsp fresh ginger, grated or finely chopped
2 tbsp curry powder or paste
1 can chopped tomatoes
1 can of chickpeas (400g), drained
400ml can light coconut milk
2 handfuls spinach, washed
Handful of fresh coriander, finely chopped

NOTES

Using fresh and dried herbs helps to add flavour without adding salt.

You can substitute fresh garlic and ginger for puree or powder, and substitute chopped tomatoes for fresh tomatoes or passata.



Serves 4



Cost per serving: £1.60



Time to make: 45 mins



METHOD

1. Heat oil in saucepan and fry the onions until soft and browning- around 10-15 minutes. Add some water if they start to stick to the bottom of the pan- be careful not to burn them. This is where a lot of the flavour develops so don't rush it, and cook them longer if you have time.
2. Add the curry powder/paste, grated garlic and ginger and cook slowly for 2-3 minutes.
3. Add chopped tomatoes, coconut milk and drained chickpeas and cook on a low heat for about 20-25 minutes until the sauce has thickened.
4. Add the spinach and stir in until it wilts then turn off the heat.
5. Stir through the coriander and season to taste.
6. Serve with whole grain rice, pitta bread, naan bread or enjoy as is!

