

serves 2 | 25 minutes | easy | vegetarian

Chickpea Curry

Ingredients

For the sauce:

- 2 tablespoons of olive oil
- 1 onion diced
- 1 red chilli
- 9 garlic cloves
- 1 thumb-sized piece of ginger
- 1 tablespoon ground coriander
- 2 tablespoons of cumin
- 1 tablespoon of garam masala
- 2 tablespoons of tomato puree

For the curry:

- 1 x 400g can of drained chick peas
- 1 x 400g can of tomatoes
- 100g creamed coconut
- 100g of spinach
- Handful of chopped coriander
- ½ teaspoon of salt
- Black pepper

Goes well with:

- Brown rice
- Kefir or natural yoghurt

Method

1. Heat 1 tablespoon of the olive oil in a frying pan and add the diced onion and red chilli. Fry until soft.
2. To a food processor, add the garlic, ginger, ground coriander, cumin, garam masala, tomato purée, salt and the fried onion. Add the remaining tablespoon of olive oil and a splash of water and blend to a smooth paste.
3. Tip the contents of the blender into a medium saucepan. Gently fry for 2 minutes, whilst making sure the sauce doesn't stick.
4. Add the chickpeas and can of chopped tomatoes to the sauce. Simmer for 5 minutes to allow the sauce to reduce.
5. Add the creamed coconut with a dash of water. Cook for a further 5 minutes.
6. Next, add the spinach and coriander and cook until wilted. Check the seasoning.
7. Garnish with extra coriander and serve with rice and kefir.