

## Chickpea Curry



**PREP TIME:** 15 minutes  
**COOK TIME:** 25 minutes  
**SERVES:** 4

### INGREDIENTS

#### FOR THE PASTE

- 2 tbsp oil
- 1 onion, diced
- 1 tsp fresh or dried chilli, to taste
- 9 garlic cloves
- thumb-sized piece ginger, peeled
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée

#### FOR THE CURRY

- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g creamed coconut
- 1/2 small pack coriander, chopped, plus extra to garnish
- 100g spinach

#### TO SERVE

cooked rice and/or dahl

### INSTRUCTIONS

**1:** To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.

**2:** In a food processor or blender, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, 1/2 tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.

**3:** Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.

**4:** Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.

**5:** Add 100g creamed coconut with a little water, cook for 5 mins more, then add 1/2 small pack chopped coriander and 100g spinach, and cook until wilted.

**6:** Garnish with extra coriander and serve with rice or dhal (or both).

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.