

Spinach, Potato and Chickpea Curry

Ingredients

- 1 onion
- 1 clove garlic
- 1 x tablespoon oil
- 1-2 x tablespoons **curry paste** e.g. Tikka Masala, Balti, Rogan Josh or Jalfreizi
- 1 sweet potato
- 400g can chopped tomatoes
- 400g can chickpeas, (drained)
- 3-4 handfuls of fresh spinach, or 3-4 blocks frozen spinach



Method

1. Prepare the onion, garlic and potato:
 - ◆ slice the onion;
 - ◆ peel and crush/chop the garlic;
 - ◆ peel and dice the potato into 1cm cubes.
2. Put the oil into a medium saucepan, sauté the onion and garlic for 2 minutes, or until soft.
- 3 Stir in the curry paste, and cook **gently**, 1-2 mins. Watch carefully as the paste burns easily.
4. Add the diced potatoes, tinned tomatoes and chickpeas, then allow to simmer for approx. 20 minutes, until the potato is soft, and the sauce thickens.
6. Stir in the spinach, and cook for a further 2 minutes, before serving.

Top tips

- ◆ Serve with boiled rice, naan bread and a side salad.
- ◆ Add sliced courgettes, chopped peppers, mushrooms, cauliflower, green beans or okra.
- ◆ Stir in 2-3 tablespoons natural yoghurt to cool the spices
- ◆ Use Thai curry paste and coconut milk instead of Indian paste and tomatoes

Name