

Cooking at Home *with* City Catering

Chickpea and Spinach Curry with Coconut served with Rice

Prep time: 5 minutes / Cooking time: 30 min (depending on what type of rice you use)



Serves
4 to 6

Ingredients

- 2 tbsp Oil
- 1 Onion, diced
- 3 cloves of Garlic, crushed
- 2 tbsp. of curry powder
- 400g chopped Tomatoes
- 800g tinned chickpeas, drained
- 400g tin coconut
- Milk
- 100g spinach, chopped
- Salt & pepper, to taste
- Rice to serve - 60g of rice per portion



This recipe is
vegetarian (and vegan),
gluten free, egg free,
milk free, nut free
& soya free.

METHOD

1. Put a saucepan of water on to boil. While making the chickpea curry, cook the rice following manufacturer instructions.
2. Put oil in a medium size saucepan and turn on the heat to medium - high.
3. When oil is hot but not smoking, add the diced onion and cook for 5 to 6 minutes stirring often until it begins to soften and gets a bit of colour.
4. Add the crushed garlic, curry powder, and cook stirring constantly for 1-2 minutes making sure it does not stick.
5. Add the chopped tomatoes, bring to a simmer and cook for 5 minutes stirring often.
6. Add the chickpeas and coconut milk, mix well and bring it to a gentle simmer. Cook for a further 5 minutes stirring every so often.
7. Finally, add the chopped spinach and cook until wilted; it should not take longer than 1-2 minutes. To wilt a leafy green vegetable it means to cook it very briefly until it has lost its shape.
8. Check for seasoning and serve with rice.

TIPS

- ✓ This is a very versatile curry; you can turn it into a chicken curry by using chicken instead of chickpeas. If the chicken is raw, cut it into chunks and add it to step 3 - cooking it with the onions. If you are using cooked left over chicken just add it as you would the chickpeas in step 6. Always make sure the chicken is piping hot before serving. You can also make it chicken & chickpeas by using half the amount of chickpeas and adding some chicken too (great way to cut down on meat consumption).
- ✓ You could serve the curry with naan bread/chapati instead of rice, lovely for dipping in the curry.
- ✓ Use whatever curry powder your family likes best, mild, medium, hot or garam masala are all great choices. If your family likes it a bit more spicy just add some chill powder or a fresh chilli (finely diced), if available.



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