

# Chickpea curry



This easy chickpea curry is a vegan recipe that's three of your five-a-day. It works well as a main course or a simple side dish.

**Servings:** 4

## Ingredients:

### For the paste

- 2 tbsp vegetable oil
- 1 onion, diced
- 1 fresh chilli, or 1 tsp dried chilli
- 9 garlic cloves  
(approx. 1 small bulb of garlic)
- Thumb-sized piece of 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 of chickpeas, drained
- 1 x 400g can of chopped tomatoes
- 100g creamed coconut
- 15g fresh coriander, chopped  
(plus extra to garnish)
- 100g spinach

### To serve

- Cooked rice and/or dahl

**Method:**

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 minutes.
2. In a food processor, 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 minutes 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 minutes until reduced down.
5. Add 100g creamed coconut with a little water, cook for 5 minutes 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).

**Allergens:**

None