

Chick Pea Curry

Suitable for Vegans and Vegetarians (Gluten free)

Ingredients

For the paste

- 2 tbsp oil
- 1 onion, diced
- 1 tsp chilli, to taste
- 9 garlic cloves - peeled
- 2.5 cm of ginger - peeled
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée
- ½ salt

For the curry

- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g creamed coconut



- ½ small pack coriander, chopped, plus extra to garnish
- 100g Spinach

To serve

- Cooked rice

Method

1. **To make the paste:** heat a little of the oil in a frying pan, add 1 diced onion and 1 tsp chilli. Cook until softened, about 8 mins.
2. In a food processor, combine the garlic cloves, the ginger and the rest of oil, then add the ground coriander, ground cumin, garam masala, tomato purée, ½ 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 the chickpeas and the chopped tomatoes, and simmer for 5 mins until reduced down.
5. Add the creamed coconut with a little water, cook for 5 mins more, then add the chopped coriander and the spinach. Cook until wilted.
6. Garnish with extra coriander and serve with rice

Adapted from BBC Good Food