

CHICKPEA AND COCONUT CURRY



Ingredients

1 tin chickpeas (1/4 blitzed)	1 tsp paprika
1 tin chopped tomatoes	1/2 tsp cayenne pepper (or to taste)
1 tin coconut curry	Salt and pepper
Half white onion diced	Oil for cooking
2 tbsp. garlic puree	200g chopped baby spinach
1 tbsp. ginger puree	30g chopped coriander
3 tbsp. mild curry powder	

To serve

E.g. Rice, poppadom's, naan bread

Method

1. Bring pan to a medium heat then throw in your onions, garlic, ginger and spices. Sweat all the ingredient's off until tender and aromatic.
2. Now add the chickpeas cook for 5 mins.
3. Followed by the coconut milk and chopped tomatoes. Reduce the heat to a simmer and cook for 10-15 mins.
4. Add the spinach and coriander cook until wilted down season to taste.
5. Enjoy.