



SPINACH & CHICKPEA MASALA



INGREDIENTS

- 4 tbsp vegetable oil
- 2 medium onions, finely diced
- 4 cloves garlic, finely grated
- 2½cm fresh ginger, peeled and grated
- 1 tsp chilli powder
- 1 tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp ground cumin
- 1 tsp salt
- 1 x 400g tinned chopped tomatoes
- 2 x 400g tinned chickpeas, drained and washed
- 3 handfuls baby spinach, washed and roughly chopped

Serves 4

METHOD

1. Heat the oil in a non-stick pan and add the onions, fry on a medium heat until they take on a light brown colour.
2. Stir in the garlic and ginger, cook through for a minute.
3. Add the salt and ground spices then cook for another minute.
4. Add the tomatoes then cook gently for 5 minutes, stirring continuously as the sauce thickens, adding a dash of water if it begins to stick.
5. Reduce the heat then simmer for 10 minutes.
6. Add the chickpeas, stir well ensuring they are all coated in the sauce.
7. Turn the heat up to high, then cook for 5-7 minutes, stirring continuously. Add a little water if required.
8. Stir in the spinach leaves then reduce the heat, cover with a lid then leave for a few minutes to allow the spinach to wilt.

Serve with basmati rice, naan and yogurt and enjoy it!

Parveen
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