

Chickpea Curry

something spicy



A hearty and flavourful vegetarian option, this chickpea curry is packed with spices and nutrition!
Prep Time: 10-15 minutes. Cook Time: 30-40 minutes.

Ingredients:

- 1 can (140g) Chickpeas, drained and rinsed
- 280g Mixed vegetables:
- 20g Onions, diced
- 1 Garlic clove, minced
- 20g Celery stalks, chopped
- 120g Spinach
- 120g Baby tomatoes, halved
- Salt and pepper to taste
- 5ml Turmeric
- 5ml Cumin
- 5ml Coriander
- 5ml Garam Masala (optional for extra flavour)
- 150ml water for a lighter option

Method:

1. In a pot, heat a little water and sauté

the diced onions and minced garlic until softened and fragrant.

2. Stir in the celery, chickpeas, and baby tomatoes. Season with salt, pepper, turmeric, cumin, coriander, and garam masala (if using).
3. Cook for a few minutes until the tomatoes start to soften.
4. Pour in water and bring to a boil. Reduce heat and let it simmer for about 20 minutes until the vegetables are tender and the flavours meld.
5. Stir in the spinach and cook for another 2-3 minutes until wilted.

Chef's Tip

For a creamier texture, blend half of the curry and then mix it back in.