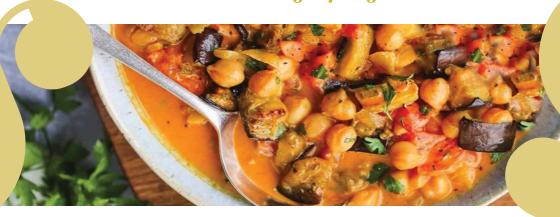
Chickpea Curry something spicy



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.
- 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.
- Pour in water and bring to a boil.
 Reduce heat and let it simmer for about
 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.

