SHOPPING LIST

Coconut Chickpea Curry with Rice

Serves 4

For the curry

- [ ] 2 tbsp oil
- [ ] 1 large onion, finely chopped
- [ ] 3 garlic cloves, chopped
- [ ] 1 tbsp grated fresh ginger
- [ ] 2 tbsp mild curry powder
- [ ] 1 tsp ground turmeric
- [ ] 400 g can chopped tomatoes
- [ ] 400 ml can coconut milk
- [ ] 2 x 400 g cans chickpeas, drained
- [ ] 200 g baby spinach
- [ ] Juice of 1 lime
- [ ] Salt

To serve

- [ ] 300 g basmati rice
- [ ] Fresh coriander

Tick off what you already have at home.