HOT & BOLD

Coconut Chickpea Curry with Rice

PREP	COOK	SERVES
10 min	30 min	4

Vegan Vegetarian

Chickpeas and spinach in a fragrant coconut and tomato curry, served over fluffy rice. Vegan, filling and quick.

Ingredients

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

Method

1. Rinse the rice, then cook it according to the packet instructions.
2. Heat the oil in a large pan and cook the onion for 6 to 8 minutes, until soft and golden.
3. Add the garlic, ginger, curry powder and turmeric and stir for 1 minute.

4. Pour in the tomatoes and coconut milk, add the chickpeas and a good pinch of salt, and simmer for 15 to 20 minutes, until thickened.
5. Stir in the spinach until it wilts, then add the lime juice and adjust the salt.
6. Serve over the rice, scattered with coriander.

Cook's tip

Mash a handful of the chickpeas against the side of the pan while the curry simmers. It thickens the sauce naturally.