

# Chick Pea and Spinach Curry

Serves 4

## Ingredients

- 1 tbsp olive oil
  - 1 lge brown onion, finely chopped
  - 2 cloves garlic, finely chopped
  - 2cm piece ginger, finely chopped
  - 1 green chilli, finely chopped
  - 2 tsp ground cumin
  - 1 tsp ground tumeric
  - 1 tbsp medium curry paste
  - 1 tbsp tomato paste
  - 1 med red pepper, diced
  - 400gm tinned diced tomatoes
  - 300ml vegetable stock
  - 400 gms loose leaf spinach
  - 400gm tinned chick peas, drained
  - 1 tsp garam masala
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## Method

1. heat oil in a large frypan on med-high heat
  2. add onion, garlic, ginger and chilli to pan, stir for 3-5mins
  3. add cumin, tumeric, curry paste, tomato paste, tinned tomato and pepper, cook further 2-3 mins
  4. add vegetable stock, reduce heat and simmer for 15 mins
  5. add spinach in handfuls, allowing to wilt before adding the next
  6. add chick peas, stir through for 3-4 mins
  7. stir garam masala through before serving
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