

Chickpea Curry

As with most spicy dishes, the flavours of this vegetarian curry are often better the next day, so look forward to leftovers, if there are any!

SERVES 4

PREPARATION: 15 MINUTES

COOKING: 20-25 MINUTES

2 tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 in (2.5 cm) piece fresh ginger, peeled and finely chopped
1 green chilli, de-seeded and finely chopped
1 tsp ground cumin
1 tsp ground coriander seed
1 tsp ground turmeric
1 butternut squash, about 750g, peeled, seeds scooped out, and diced
400g can chopped tomatoes
400g can coconut milk
400g can chickpeas, drained
200g fresh spinach, chopped
Handful of fresh coriander, chopped
½ lemon

Top Tip

You can swap the butternut squash with the same quantity of pumpkin, sweet potatoes, or even plain potatoes.



1 Heat the oil in a large pan over medium heat and fry the onion, garlic, ginger, and chilli with the spices for about 5 minutes, until the onion starts to soften. Add the butternut squash and mix with the ingredients in the pan.



3 Stir in the spinach, and when it has wilted, add the coriander and a squeeze of lemon juice. Serve with plain rice.

2 Pour in the tomatoes, coconut milk, and chickpeas and simmer for 15-20 minutes, or until the squash is tender when you pierce it with a fork.

Use low-fat coconut milk for a healthier version.

