



Chickpeas with tomatoes & spinach

INGREDIENTS

SERVES 4

- 1 tablespoon vegetable oil
- 1 red onion (sliced)
- 2 garlic cloves (chopped)
- ½ finger length piece of fresh root ginger (shredded)
- 2 mild red chillies (thinly sliced)
- ½ teaspoon turmeric
- ¾ teaspoon garam masala
- 1 teaspoon ground cumin
- 4 tomatoes (chopped)
- 2 teaspoons tomato purée
- 400g chickpeas (rinsed and drained)
- 200g baby spinach leaves
- Rice or naan bread to serve

Source: www.bbcgoodfood.com/recipes/72617/chickpeas-with-tomatoes-and-spinach



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METHOD

- Heat the oil in a wok and fry the onion on a low heat until soft
- Stir in the garlic, ginger and chillies and cook for a further 5 minutes until the onions are golden and the garlic slightly toasted
- Add the turmeric, garam masala and cumin, stirring over a low heat. Tip in the chopped tomatoes and the tomato purée and simmer for 5 minutes
- Add the chickpeas to the pan with 300ml water (you can fill the empty can $\frac{3}{4}$ full for measure)
- Simmer for 10 minutes before stirring in the spinach to wilt

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