

Spinach and Chickpea Curry

Margarine 1 tsp

Olive Oil 1 tsp

Baby Spinach 800g

Tinned Chick Peas In Water (480g
drained weight)

2 Carrots

1 Large Onion

1 Garlic Clove

Ground Cumin 1 tsp

Curry Powder 1 tsp

Vegetable stock 500ml

Chopped Tomatoes 400g

1. Heat the oil and the margarine in the pan until hot.
 2. Add the onions and cook until translucent, approx. 5 minutes.
 3. Stir in the carrots, chick peas and sauté over medium heat until soft.
 4. Stir in the garlic, cumin and curry powder – reduce the heat to medium and cook until the spices become fragrant, approx. 1 to 2 minutes.
 5. Mix together the vegetable stock
 6. Add the vegetable stock, spinach and tomatoes – simmer until all the flavours are combined and reduced
- ***Do not over cook the vegetables – cook for no more than 30 minutes.
7. Adjust seasoning with pepper if needed.
 8. Serve hot with boiled rice

Allergens

Contains Mustard

May Contain Cereals containing Gluten

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Nuts | Peanuts | Sesame |

Soya | Sulphur Dioxide and Sulphites

Sub-Allergens

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats



uh oh

