



Spinach, Chick Pea & Coconut Curry

Prep : 2 mins
Cooking time: 8 mins

Base ingredients

250g Washed Spinach leaves
2 Tins of Chick Peas, drained
(2 x 400g Tins)
2 Cups (500ml) of boiling water

Ground Spices & Herbs

1/2 Tsp Turmeric (Haldi)
2 Tsp Corriander & Cumin powder
(Dhana-Jeeru)
1 Tsp Salt
3 Tbsp finely chopped coriander
1 Green Chilli, Finely chopped
(or half, adjust to your preference)
1.5 tsp finely grated/chopped ginger

2 Level Tsp Brown Sugar

Spices for Vaghar

2 Tbsp Veg Oil
1.5 Tsp Mustard seeds (Rai/Rye)
1 Tsp Cumin seeds (Jeeru/Jeera)
1 Tsp Carom seeds (Ajwain)
1/2 Tsp Asafoetida (Hing)

** Optional crushed clove of garlic*

Wok with a lid (or pan with a wide base and a lid)

Method

Preparation

1. Wash Spinach & drain, Open Chick Pea Tins and drain out the liquid.
2. Chop a small bunch of Corriader, using the stalk (as it has lots of flavour!) (enough for 3 Tbsp)
3. Grate fresh Ginger so you have 1.5 Tsp of finely grated ginger.
4. Use a wok, place heat to high

Vaghar

5. Add 2 Tbsp Veg Oil. Wait to heat (the oil will become very fluid)
6. Add 1.5 Tsp Mustard Seeds. Wait until they 'pop'
7. Add 1 Tsp Cumin Seeds, 1 Tsp Carom Seeds & the Asafoetida

(Add a crushed clove of garlic now if you prefer)

Add the ingredients

8. Add the drained chick peas. Stir around quickly.
9. Turn gas to between low-medium. (Remove wok off the heat if using electric rings or hob)
10. Add the Spinach; Rip with your hands into halves (depending on spinach leaf size, quarters if big leaves)
11. Stir round. Turn gas to High Heat (place wok back if using electric ring/hob)
12. Place lid on wok & simmer for 1 minute (so spinach shrinks)
13. Add 2 Cups of boiling water.
14. Add Turmeric, Corriander-Cumin Powder and Salt. Stir around.
15. Use the edge of the spatula and mash some of the chick peas to thicken the sauce
16. Add the Ginger, Green Chilli, Fresh Corriander. Stir gently and cook on high heat. for 1 to 2 minutes
17. A Grated Coconut. Add 1 Dsp Brown Sugar. Simmer for 1 minute, stirring gently.

Ready! Serve with...

Rice, Chapattis, Pittas, in a jacket potato, cous-cous – experiment!