

LET'S MAKE CHICKPEA CURRY

(Serves 6)



INGREDIENTS

Remember to check for allergens before you start cooking.

- 6 fresh tomatoes
- 2-3 small onions, finely chopped
- 1 courgette, chopped
- 1 400g tin of chopped tomatoes
- 2 400g tins of chickpeas
- 2 teaspoons of vegetable oil
- 2 teaspoons of garam masala
- 1 teaspoon of garlic powder
- 1 teaspoon of ground coriander
- 1 teaspoon of ground cumin
- ½ teaspoon of chilli powder
- ½ teaspoon of turmeric powder
- 1 tablespoon of curry paste
- ½ bag of spinach

METHOD

1. Measure all the spices into a small bowl.
2. In a saucepan heat the oil and add the onions and gently cook for about 10 minutes with the lid on the pan. Stir occasionally.
3. Dice the fresh tomatoes and courgette and add to the onions.
4. Add the spices to the onions, tomatoes and courgette and cook for two minutes, stirring regularly.
5. Add the tinned tomatoes and chickpeas to the saucepan. Simmer gently for about ten minutes with the lid on.
6. Turn the heat up and add the spinach to the saucepan. Cook for about two minutes, until the spinach is wilted.
7. Serve



Accompanying recipes can be viewed by scanning QR code. QR Readers can be downloaded at iStore or Google Play.

Visit: <http://tiny.cc/sacchickpeacurry>

<https://sandwelladvocacy.org/caring-cooks-project>



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