



Ingredients

Chickpeas (tinned)	800 g <i>(undrained weight)</i>	Ground cumin (mixed with ground coriander)	1 ½ tsp
Spinach (frozen, chopped)	8 blocks	Ground coriander	1 ½ tsp
Oil (vegetable or sunflower)	3 tbsp	Fresh coriander (chopped)	1 handful
Black mustard seeds (small)	1 tsp heaped	Chili powder	<i>to taste</i>
Cumin seeds	1 tsp heaped	Salt	<i>to taste</i>
Turmeric powder	¾ tsp		

Quick chickpea and spinach curry

India | Easy | 15 minutes | 2 servings | *Main Dish*

This is one of the fastest ways to make a quick chickpea and spinach curry. Using canned and frozen veg, this easy vegetable curry recipe will be ready in as little as fifteen minutes.

Tools and equipment

~ Saucepan

Directions

- 1 Drain the chickpeas from the tins and set aside. Put the oil in a saucepan that will be large enough for all the chickpeas
- 2 Put it on a medium heat until the oil is hot. Test this by adding a few mustard seeds. If they fizzle and pop the oil is ready
- 3 Add the cumin and mustard seeds and then quickly add the drained chickpeas
- 4 Add the salt, chilli powder, coriander and cumin powder and turmeric powder and stir through with a fork. Add the blocks of chopped spinach and a few tablespoons of water and then cover the pan and leave on a medium heat for about 15 minutes. The spinach should then be soft
- 5 Turn the heat off, stir the spinach through and then serve hot with rice or bread. I like these mini seeded pitta breads