

CHICKPEA, SWEET POTATO & SPINACH CURRY



Time: 30 minutes

Serves: 4

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This is a slight twist on a classic north Indian chickpea curry. I add sweet potato and spinach as I think they work so well here, and it is an opportunity to get some extra nutrients in for no extra effort.

There are a lot of satisfying and tasty plant-based options in Indian cuisine. If you like Indian food, I think it is well worth investing in a handful of spices that form the core for so many dishes. These are all typically available in either the spice aisle or world food section of most supermarkets.

The spices I would recommend stocking up on are: turmeric powder, coriander powder, cumin powder and garam masala. Other spices that are less essential but often come in useful are cardamom pods and cloves (ground or whole).

This recipe also uses a spice mix called 'Chana Masala' which is available at [Tesco](#), [Sainsburys](#) & [Asda](#) and fenugreek leaves which are also available at [Tesco](#) & [Sainsburys](#) (click on the supermarket name for the link).





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INGREDIENTS

Legumes & Lentils

400g Chickpeas (1 tin), drained & rinsed

Wholegrains

serve with wholegrain rice or wholegrain chapatti

Fruit & Veg

40g Sweet potato (diced)
2 Onions (medium, diced)
1 Tomatoes (medium, puréed)
80g Fresh spinach, chopped
1tsp Fresh ginger, peeled & grated
3 cloves Garlic (crushed/grated)

Spices

$\frac{1}{2}$ tsp Cumin seeds
 $\frac{1}{4}$ tsp Chilli powder (adjust to taste)
 $\frac{1}{8}$ tsp Turmeric powder
1 tsp Coriander powder
 $\frac{1}{2}$ tsp Cumin powder
1 tsp Garam masala
1 tsp Chana masala
 $\frac{1}{2}$ tsp salt (or to taste)
pinch black pepper
 $\frac{1}{2}$ tsp dried fenugreek (methi) leaves

Oil

2 tblsp Olive oil

Other

150 ml Plant milk (I use soya or almond). This provides a creaminess. Alternatively you can use water.

METHOD

1. Heat olive oil in pan on a medium heat until hot (when it is hot it will swirl like water when you tilt the pan).
2. Add cumin seeds. Once they crackle, add the diced onions, garlic and ginger.
3. Saute for a few minutes until the onions become translucent. If it sticks, add splashes of water to deglaze the pan.
4. Add the puréed tomato and 50mls of plant milk (eg soya, almond, oat). Simmer on a medium heat.
5. Add the ground spices: chilli powder, turmeric powder, coriander powder, cumin powder, chana masala, salt and pepper.
6. Add in the diced sweet potato, chickpeas & spinach.
7. Crumble the fenugreek leaves between your palms into the pan.
8. Simmer with a lid on for approximately 10 minutes, mixing occasionally until the sauce begins to thicken and darken to a deeper red in colour. The sweet potato should be cooked through such that it can be sliced easily on the side of the pan with a spoon. Add water or plant milk if it dries out before the sweet potato is fully cooked, or if you prefer a more liquid consistency.
9. **Optional:** I cook this in a pressure cooker which I feel makes the chickpeas more melt in the mouth tender, and the sweet potatoes cook faster.
10. Serve on a bed of wholegrain rice or chapatti.

Plate up and enjoy!

