

# Spinach, potato and chickpea curry



## Ingredients

- 1 onion
- 1 clove garlic
- 1 large potato
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 1 can chopped tomatoes (400g)
- 1 can chickpeas (410g), drained
- 3 handfuls of fresh spinach



## Equipment

- Knife
- Chopping board
- Garlic press
- Frying pan
- Measuring spoons
- Measuring jug
- Wooden spoon
- Can opener



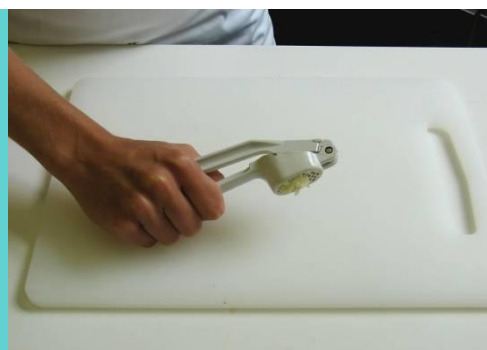
## Method

### 1. Prepare the vegetables:

- slice the onion;



- peel and crush the garlic;



- peel and cut the potatoes into 1cm cubes.



### 2. Fry the onion and garlic for 2 minutes in the oil.



## Method

3. Stir in the curry paste, potatoes and water.



4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.



5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

