



Chickpea Curry

Ingredients

- 1 tsp Olive oil
- 1 diced Medium Onion
- 5 tbsp of Tikka Curry paste
- 1 chopped Cauliflower
- 1 can (400g) Drained Chickpeas
- 125g Spinach
- 1 can (400g) Chopped Tomatoes
- 2 tbsp Tomato purré
- 400ml Water
- 200g 0%/low fat Greek Yogurt

Prep Time

TOTAL TIME: 40 MIN

- Prep: 10 min
- Cook: 30 min

Nutritional Analysis



Chickpea and Cauliflower Curry

Directions

Step 1: Steam the cauliflower for around 3 minutes.

Step 2: In a separate pan add oil and diced medium onion. Fry the onion for a few minutes, add the curry paste and allow to cook for a minute to release the flavour and spices.

Step 3: Drain the cauliflower and chickpeas, and add to the curry paste and onion pan.

Step 4: Add chopped tomatoes, 400ml of water and tomato purré and allow to simmer for 10-15 minutes or until the cauliflower is tender.

Step 5: Stir through the Greek yoghurt. Cook for few minutes or until the curry has started to simmer again.

Step 6: Now stir through the spinach until wilted.

Step 7: Now serve and enjoy with Rice, Popadoms or Narnn Bread.