

## Jamie Oliver's Microwave Curry

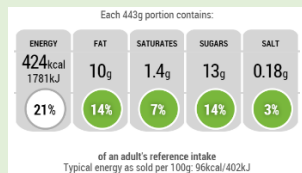


**Serves:** 3

**Preparation and Cooking Time:**

35 minutes

**Cost:** 83p per portion



### Ingredients

- 160 g frozen leaf spinach
- ½ a mug of basmati rice (150g)
- 1 onion
- 4 cm piece of ginger
- 2 cloves of garlic
- 2 tbsp tomato purée
- 1 heaped tbsp curry powder
- 1 tbsp vegetable oil
- 1 green chilli
- 1 small sweet potato (200g)
- 1 x 400g tin of chickpeas
- 2 tbsp natural yoghurt



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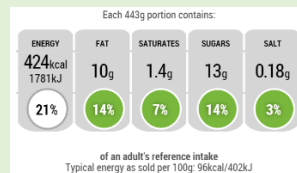


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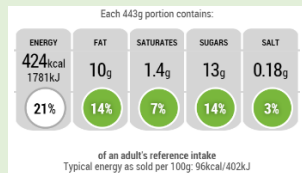


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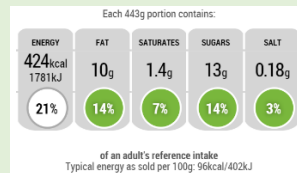


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**Method**

Take the spinach out of the freezer to start defrosting.

Pour the rice into a large microwave-proof bowl along with 1 mug of water (300ml) and a pinch of salt. Cover with a lid/plate then cook in the microwave for 8 to 10 minutes on medium. Remove and leave to steam with the lid on.

Peel and grate the onion, ginger and garlic into a microwave-proof bowl. Add the tomato purée, curry powder, a pinch of salt and the vegetable oil and stir together. Prick the green chilli and sweet potato with a sharp knife, then add both to the bowl. Cover with a plate/ lid and cook in the microwave for 10 minutes on high.

Once finished carefully remove the dish from the microwave. Take out the sweet potato, chop into small chunks and stir them back into the bowl. Add the full can of chickpeas including the juice and add the frozen spinach. Stir together, then cover once more and cook in the microwave on high for another 10 minutes.

Carefully lift the dish out of the microwave, uncover and stir everything together, if desired chop the chilli and stir in for extra heat. Season with salt and pepper, add the yogurt, then fluff up the rice to serve.

<https://www.jamieoliver.com/recipes/vegetable-recipes/spinach-sweet-potato-chickpea-curry/>

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