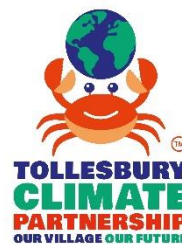


CHICKPEA CURRY



The ingredients for this recipe are available at the Fred's Stores, Morrisons and the Veg Van.

Serves 2

Ingredients:

- 1 tbsp olive oil
- 1 leek, trimmed, washed and sliced
- 1 clove garlic, finely chopped
- 1 tsp ground turmeric or 2 cm fresh grated turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp hot chilli powder
- ½ tsp ground black pepper
- 1 x 400g tin chickpeas, drained
- 1 x 400g tin chopped tomatoes
- 1 stock cube
- Juice of half a lemon
- 200 ml water
- 2 handfuls spinach or chopped chard

Method:

Heat the oil in a large pan and saute the leek and garlic gently until softened. Add all the spices and stir in well, then add the chickpeas and tomatoes. Stir again, then crumble in the stock cube and add the lemon juice and water.

Simmer gently for 25 minutes – if it looks as if it's getting dry, add a little more water.

Remove from the heat, stir in the spinach or chopped chard and let it wilt for a couple of minutes.

Serve with rice or flatbread, and a spoonful of yogurt

