**Chickpea, tomato & spinach curry**

**Ingredients-** 1 onion, 2 garlic cloves both chopped, 1¼ in part ginger, 6 tomatoes, ½ tablespoon oil, 1 teaspoon ground cumin, 2 teaspoon ground coriander, 1 teaspoon turmeric powder, pinch chilli, 1 teaspoon yeast extract, 4 tablespoon red lentils, 6 tablespoon coconut cream, 1 head of broccoli, broken into small buds, 400g can chickpeas, drained, 100g bag baby spinach greeneries, 1 lemon, split, 1 tablespoon roasted sesame seed, 1 tablespoon sliced cashew, to mix with the sesame pits.

**Method-** Add the ingredients (onion, garlic, ginger and tomatoes) in a mixer and whiz to a purée. Heat oil in a big pan, then few secs fry add purée and yeast abstract, bubble composed for 2 mins, then put lentils,coconut cream. Heat till lentils are warm, then put the broccoli into the pan and heat for 4 mins. Mixing in chickpeas spinach, crush over lemon and spin finished sesame and cashew mix. Present with brown rice or as per required.