



Chickpea Sweet Potato Spinach Curry (OP W)

Serving: 1

Veg

Ingredients

- 1 Teaspoon Oil
- To Taste Few Cumin Seeds
- 1 Medium Sized Onion Finely Chopped
- 2-3 Garlic Chopped
- Half Inch of Ginger Chopped
- To taste Coriander Powder
- To taste Garam Masala Powdered
- To Taste Turmeric Powder
- To taste cinnamon powder
- To taste black pepper
- To taste Cayenne /Red Chilli Powder
- 1 Medium Sized Tomato Chopped
- 30g can chickpeas drained or use cooked
- 100g chopped peeled sweet potato or pumpkin
- 1 Cup water
- To taste salt
- 1 Cup chopped or baby spinach or 1 cup frozen thawed
- To taste lemon juice

Preparation Method

- Heat oil in a skillet over medium heat. add cumin seeds and cook until they change color and get fragrant. Let them cook until really toasty.
- Add onions, garlic and ginger and cook until translucent. If using garlic ginger paste, add with the tomatoes.
- Add the spices and mix in. Cook for 30 seconds. Add tomatoes and a splash of water, mix, cover and cook until tomatoes get saucy. Mash the larger pieces. 4 to 5 minutes.
- Add chickpeas, sweet potatoes, water and salt. Mix, cover and cook for 15 minutes.
- Add in the spinach, lemon juice, mix in, reduce heat to low-medium and continue to simmer for 5 to 10 minutes or until desired consistency. Taste and adjust salt and spice. Garnish with paprika and cilantro and serve.