

One pan spicy rice

INGREDIENTS

- 1 tbsp sunflower oil
- 2 garlic cloves, crushed
- 2 tbsp medium curry paste (Madras is a good one to use)
- 250g basmati rice, rinsed
- 450ml vegetable stock
- 400g can chickpeas, drained and rinsed
- handful of raisins
- 175g frozen leaf spinach, thawed
- handful of cashew nuts
- natural yogurt to serve, optional

DIRECTIONS

1. Heat the oil in a large nonstick pan that has a lid, then fry the garlic and curry paste over a medium heat for 1 minute, until it smells toasty.
2. Tip the rice into the pan with the stock, chickpeas and raisins and stir with a fork to stop the rice from clumping. Season with salt and pepper, then cover and bring to the boil. Reduce to a medium heat and cook for 12-15 minutes or until all the liquid has been absorbed and the rice is tender.
3. Squeeze the excess water from the spinach with your hands. Tip it into the pan along with 2 tbsp of hot water and fluff up the rice with a fork, making sure the spinach is mixed in well. Toss in the cashews. Serve drizzled with natural yogurt if you like.