

# Chickpea, tomato & spinach curry



## Method

1. Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz to a purée.
2. Heat oil in a large pan. Add the spices, fry for a few secs and add purée and yeast extract. Bubble together for 2 mins, then add lentils and coconut cream. Cook until lentils are tender, then add the broccoli and cook for 4 mins. Stir in chickpeas and spinach, squeeze over lemon and swirl through sesame and cashew mixture. Serve with brown rice, if you like.



## Ingredients

- 1 onion, chopped
- 2 garlic cloves, chopped
- 3cm/1¼ in piece ginger, grated
- 6 ripe tomatoes
- ½ tbsp oil
- 1 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- pinch chilli flakes
- 1 tsp yeast extract (we used Marmite)
- 4 tbsp red lentils
- 6 tbsp coconut cream
- 1 head of broccoli, broken into small florets
- 400g can chickpeas, drained
- 100g bag baby spinach leaves
- 1 lemon, halved

1 tbsp toasted sesame seed

1 tbsp chopped cashew, to mix  
with the sesame seeds