

Spinach & chickpea curry (5 portions; 1¼ hrs)

For the curry

6 tbsp olive oil, plus more as needed

½ tsp mustard seeds

½ tsp turmeric

¼ tsp fresh ground black pepper

1 rounded tsp madras curry powder

4-6 cloves garlic or 2 frozen blocks

30g chopped/3 blocks frozen or 1 inch cube fresh ginger (minimum)

2 onions (red or white)

½ tsp salt

2 tins chickpeas (400g x2)

100g red lentils

1 tin peeled plum tomatoes

1 vegetable stock cube

300g frozen whole-leaf spinach

30g creamed coconut block or a tin of coconut milk

Chop garlic small, slice onions. If using fresh ginger, peel and chop into short matchsticks.

Heat the oil and fry the mustard seeds and powdered spices for a few seconds, then add the garlic, onions, and ginger.

Fry for about 5 minutes, stirring frequently. Add more oil if it starts to stick.

Add all the chickpeas (including the liquid from the can), tomatoes, lentils, 1 tin hot water, salt, and crumble in the stock cube. Break up the tomatoes in the pan.

Bring to the boil, then cover and simmer for 35 min, stirring occasionally (make sure to unstick anything from the bottom of the pan. The sauce should thicken up a bit.

Add the spinach and cook for a further 10 min. Stir a couple of times to separate the spinach.

Boil the kettle. Chop the coconut block and add to the pan, along with about 150ml of hot water (or as needed for the thickness of sauce you prefer), or pour in the coconut milk.

Reheat until just about boiling, then turn off.