



Spinach, Squash and Chickpea Curry Serves 4

2 x 15ml spoons vegetable oil
1 x 5ml spoon ground coriander
1 x 5ml spoon ground cumin
¼ x 5ml spoon chilli powder
¼ x 5ml spoon ground turmeric
1 medium onion
1 x 400g can/carton chopped tomatoes
1 x 400g can chickpeas
1 small squash
250g spinach fresh or frozen (if using frozen spinach, thaw first)
Juice from 1 lemon

1. Measure all the spices into a small bowl.
2. Peel and finely chop the onion.
3. Heat the oil in the saucepan on a medium heat. Add the onion and cook gently for about 10 minutes. Stir occasionally.
4. Peel the squash and remove the seeds. Cut into roughly 1cm pieces.
5. Add the spices to the onions and cook for 2 minutes, stirring regularly.
6. Open the chickpeas and drain them. Open the chopped tomatoes.
7. Add the tomatoes, chickpeas and chopped squash to the saucepan. Simmer gently for about 25 minutes with the lid on. Stir occasionally.
9. Turn the heat up and add the spinach. Cook for about 2 minutes, until the spinach is wilted.
10. Add the lemon juice and stir.

Something to try next time

- Try adding other vegetables such as cauliflower, broccoli or green beans. Or try different varieties of squash.