Spinach, Potato and Chickpea Curry

Ingredients

1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 large potato
1 can chopped tomatoes (400g)
1 can chickpeas (410g), drained
3 handfuls of fresh spinach

Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method

1. Prepare the onion, garlic and potatoes:

- slice the onion;
- peel and crush the garlic;

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- peel and cube the potatoes.

2. Fry the onion and garlic for 2 minutes in the oil.

3. Stir in the curry paste, potatoes and water.

4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.

5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

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