Chickpea Spinach Curry

Four chickpea-spinach curry portions with one bread slice each · Active 20 min · Total 50 min

Skills: Cooking frozen greens thoroughly and reducing their water in a bean sauce

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 2 garlic cloves, finely chopped (6 g)
- 2 teaspoons mild curry powder (4 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 2 cans cooked chickpeas, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 10 1/2 oz plain frozen chopped spinach (300 g)
- 3/4 cup water (180 ml), plus up to 1/4 cup/60 ml if needed
- 1/4 teaspoon fine salt (1.5 g)
- 4 substantial sound bread slices (200 g total)

Set out

Wide saucepan with lid, at least 3 qt/3 L, Spoon, Strainer, Knife and board, Can opener if needed

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat oil over medium heat. Cook onion for 7–8 minutes until soft. Add garlic and curry powder and stir for 30 seconds.

2. Add tomatoes with juice, chickpeas, frozen spinach, 180 ml water and salt. Bring to a simmer, cover and cook gently for 8–10 minutes, breaking up any spinach block with the spoon as it softens.

3. Uncover and continue simmering for 8–12 minutes, stirring, until spinach is completely dispersed and cooked for at least its package-directed time. There must be no cold or frozen clump. Add extra water 1 tablespoon/15 ml at a time only if drying, up to 60 ml.

4. Mash about 1/2 cup of chickpeas against the side of the pan, then stir back in and simmer for 2 minutes until the sauce coats the beans and spinach. Divide into 4 portions with one bread slice each.

No dairy required in the base

This sauce gets body from tomatoes and mashed chickpeas. If only a partly used bag of spinach is available, weigh the greens rather than assuming the bag’s full printed weight remains.

Ingredient labels

Ordinary bread supplies wheat and may contain milk, egg, soy or sesame. Curry blends can include mustard or other allergens; check the actual blend and bread labels.

A useful detail

A tightly frozen block may need longer than loose chopped leaves. Its complete package-directed cooking time takes priority over the estimate.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat a portion to 165°F/74°C throughout, stirring into the center and loosening with water if needed. Freeze promptly cooled curry for up to 2 months; thaw in the refrigerator. Store bread separately.