Coconut Chickpea and Spinach Curry

3 bowls · Active 15 min · Total 40 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 2 garlic cloves, minced
- 1 tablespoon grated fresh ginger (15 g)
- 2 teaspoons curry powder
- 1 can chopped tomatoes, 14 oz (400 g)
- 1 can coconut milk, 13.5 oz (400 ml)
- 2 cans chickpeas, 15 oz (425 g) each, drained and rinsed
- 4 oz baby spinach (115 g)
- 1/2 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)

Set out

At least 3-liter (3.2-quart) saucepan with lid, Mixing spoon

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil over medium heat. Cook onion for 6–7 minutes until soft. Add garlic, ginger and curry powder for 30 seconds.

2. Add tomatoes, coconut milk, chickpeas and salt. Bring to a gentle simmer.

3. Cook uncovered for 10–12 minutes, stirring occasionally, until the sauce lightly thickens.

4. Fold in spinach for 1–2 minutes until wilted, then stir in lime juice and serve.

Use one full coconut tin

The recipe uses the whole tin, avoiding a small leftover that needs cold storage. Stir or shake the tin before opening if its cream has separated, following the package instructions.

Timing

Includes softening onion, briefly warming aromatics, bringing the sauce to a simmer, reducing it and wilting fresh spinach. The optional frozen-spinach preparation requires its additional full packet cooking and pressing time.

A useful detail

Curry powders differ in heat and salt; taste near the end before adding more seasoning.

Keep it well

Refrigerate the curry in 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, or freeze for 2 months. Reheat to 165°F/74°C. Any rice accompaniment has its own stricter rule: cool and refrigerate as quickly as possible, ideally within 1 hour of cooking, use within 24 hours of that original cooking and reheat only once to 165°F/74°C; eat promptly and discard reheated rice remains.