

Spinach, Squash and Chickpea Curry

This vegetable curry is delicious served with basmati rice. Any kind of squash can be used in this recipe – butternut squash works well. The canned chickpeas used in this recipe are pale yellow in colour but in South Asian countries red, black and brown chickpeas can be bought.



Sulphites*

Nutritional information per portion (439g):

Energy	Fat	Saturates	Sugars	Salt
920kJ 219kcal 11%	9.9g 14%	1.1g 5%	11g 12%	0.66g 11%

of an adult's reference intake.

Typical values per 100g: energy 210kJ/50kcal.

Equipment

Weighing scales
Measuring spoons
Small bowl
Chopping board
Sharp knife
Saucepan with lid
Wooden spoon
Vegetable peeler
Teaspoon
Can opener
Colander
Juice squeezer

Ingredients

Serves 4

1 x 5ml spoon ground coriander
1 x 5ml spoon ground cumin
½ x 5ml spoon chilli powder
½ x 5ml spoon ground turmeric
1 medium onion
1 clove garlic
2 x 15ml spoons vegetable oil
1 small squash (approx. 800g)
1 x 400g can chickpeas
1 x 400g can chopped tomatoes
250g spinach
1 small lemon (juice only)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Use a teaspoon to easily remove the seeds from the squash.
- Use chickpeas that are canned without salt.

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Method

1. Measure all the spices into a small bowl.
2. Peel and finely chop the onion and garlic.
3. Turn on the hob to a medium heat. Heat the oil in the saucepan. Add the chopped onion and garlic and cook gently for about 10 minutes with the lid on the pan. Stir occasionally.
4. Peel the squash and remove the seeds. Cut into roughly 1cm pieces.
5. Add the spices to the pan and cook for 2 minutes, stirring regularly.
6. Open the can of chickpeas and drain them. Open the can of chopped tomatoes.
7. Add the tomatoes, drained chickpeas and chopped squash to the saucepan. Fill three quarters of the empty tomato can with cold water and add to the pan. Simmer gently for about 25 minutes with the lid on. Stir occasionally.
8. Wash the spinach.
9. Squeeze the juice from the lemon.
10. Turn the heat up and add the spinach to the saucepan. Cook for about 2 minutes, until the spinach is wilted.
11. Add the lemon juice and stir.

Something to try next time

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

Prepare now, eat later

- Chill any leftover curry quickly and store, covered, in the fridge for up to 48 hours. Reheat, only once, until piping hot.
- Freeze the curry for up to 1 month. Defrost thoroughly and reheat until bubbling hot, adding a little water if the sauce is very thick.

Get more from your food

- Make double the amount of this delicious curry and freeze half for another day. Batch cooking is a great way to save money and time in busy week. Make sure you label clearly in the freezer writing the name of the dish and the date you are freezing it.

Skills used include:

Washing, weighing, measuring, peeling, chopping, squeezing and frying.