

Coconut & Chickpea Curry, Rice

Ingredients



- 400g chickpeas
- 1 cauliflower head, chopped up
 - 1 onion, diced
 - 2 cloves of garlic, minced
- 1 thumb size bit of ginger, minced
 - 1 tin chopped tomatoes
 - 100g baby spinach
 - 1 tin of coconut milk
 - 250ml veg stock
 - 1 tbsp curry powder
 - Cooked rice

Method

- 1.** Add everything except the coconut milk and spinach to the slow cooker.
- 2.** Cook for 4 hours on high or 8 hours on low.
- 3.** Add the coconut milk and spinach and stir to combine.
- 4.** Boil the rice.
- 5.** Heat through for 15 - 20 minutes until the spinach wilts.
- 6.** Heat through for 15 - 20 minutes until the spinach wilts.
- 7.** Serve with rice.