

Coconut & Chickpea Curry

Ingredients

Click the image below for a [video guide](#).



- 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
 - 1 tbsp curry powder
 - 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. Alternatively put in to the oven in an oven proof dish at 200 for 1 hour.
3. About 10 minutes before the dish is finished, add in your coconut milk and spinach and stir well to combine. Meanwhile, begin to cook your rice as per the instructions.
4. Once your rice is cooked, remove your curry from the oven and serve.

The Finer Details

Per Portion
310 Calories
11g Protein
42g Carbs
11g Fat
