

# Butternut Squash & Chickpea Curry



## Ingredients

- 1 tbsp oil
- 1 large onion, diced
- 2 garlic cloves, finely chopped
- 1 butternut squash, peeled, deseeded and diced
  - 2 tbsp curry powder
- 1 tin of drained chickpeas
- 1 tin chopped tomatoes
- 1 400g tin coconut milk
- 300g long grain rice
  - 100g spinach

## Methods

1. Heat the oil in a large pan.
2. Add the onion and garlic and cook until softened but not coloured. Should take around 3 – 4 minutes.
3. Add in the curry powder, stir well and cook for another minute or 2.
4. Add in the butternut squash and coat well in the flavoured onion and garlic.
5. Pour in the coconut milk and tomatoes, stir well and bring to the boil. Reduce heat.
6. Add the drained chickpeas and simmer for about 20 minutes.
7. Add in the spinach, stir well and cook for a further 5 minutes.
8. Serve with the boiled rice cooked as per the packet instructions.