

Butternut Squash and Chickpea Curry, Rice

Ingredients

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

Methods

Let's make the roast pork

1. Heat oil in a large pan.
2. Add diced onion and chopped garlic; cook until softened without browning (approximately 3-4 minutes).
3. Stir in curry powder and cook for an additional 1-2 minutes.
4. Add diced butternut squash, ensuring it is well-coated in the flavoured onion and garlic.
5. Pour in coconut milk and tomatoes; stir well and bring to a boil.
6. Reduce heat.
7. Add drained chickpeas and simmer for about 20 minutes.
8. Introduce spinach, stir well, and cook for an additional 5 minutes.
9. Serve over boiled rice prepared according to packet instructions.