

Coconut and Chickpea Curry

Ingredients

- 400g chickpeas
- 1 cauliflower head, chopped
 - 1 diced onion
- 2 minced cloves of garlic
- 1 thumb-sized piece of minced ginger
- 1 tin chopped tomatoes
 - 100g spinach
 - 1 tin coconut milk
- 250ml vegetable stock
- 1 tbsp curry powder
 - 300g rice

Methods

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