

Serves 4 / Prep 10 minutes / Cook 30 minutes / 260 kcal, 14g fat, 19g carbs, 9.4g protein

Spinach, Chickpea & Aubergine Curry

DF GF VE V

My wife is vegetarian, and, as a former fruit and veg importer and greengrocer, I think any veggie dish is great! I also think that the spices and flavours you get with the food in India lend themselves perfectly to veggie dishes. The curry itself is vegan, dairy free and gluten-free!

INGREDIENTS

1 tbsp vegetable oil
1 onion, finely chopped
2 tsp ground cumin
2 tsp ground coriander
1 tsp mustard seeds (optional)
1 large aubergine, cut into 2cm (¾in) cubes
3 garlic cloves, chopped
1 tsp chopped fresh chilli
400g can chickpeas, drained and rinsed
200g (7oz) cherry tomatoes, halved
400g can coconut milk
300g (10oz) spinach
salt
1 tbsp chopped fresh mixed herbs, such as parsley, coriander and chives

METHOD

1. Heat the oil in a large pan and fry the onion over a low heat for 5 minutes. Stir in the cumin, coriander and mustard seeds, if using. Fry for 1 minute until fragrant, then add the aubergine and coat in the spices. Fry for 2 minutes, then stir in the garlic and chilli.
2. Add the chickpeas, then the tomatoes and coconut milk. Simmer gently for 10–15 minutes.
3. When the aubergine is cooked, stir in the spinach and allow it to wilt. Season with a little salt and top with the fresh herbs. Serve with rice or flatbreads.



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