



Spinach and Potato Curry

Method:

You'll need:

- 1 white onion
- 2 large white potato
- 200g spinach
- 1 tin chickpeas
- 1 tbsp curry powder
- Salt and pepper

1. Slice the white onion. Cook in a pan with 1 tbsp oil until
2. Soft and light brown, add the curry powder and 500ml water, and bring it to the boil.
3. When the water is boiling, add the potatoes and cover with a lid, and cook until the potatoes are soft and the water has been absorbed.
4. Add the chickpeas and spinach and cook for 1 minute until the spinach has wilted. Season with salt to taste and serve.