

Chickpea & Spinach Curry

Curry de pois chiches aux épinards

25 min

Easy

380 kcal per serving

Dinner

Lunch

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Chickpeas (<i>Pois chiches</i>)	250 g
Spinach (<i>Épinards</i>)	150 g
Coconut milk (<i>Lait de coco</i>)	200 ml
Curry powder (<i>Poudre de curry</i>)	2 tbsp
Onion (<i>Oignon</i>)	1
Garlic (<i>Ail</i>)	3 cloves
Basmati rice (<i>Riz basmati</i>)	100 g

Nutrition facts

PER SERVING

Calories	380
Protein	16 g
Carbohydrates	48 g
Fat	14 g
Fiber	12 g

Preparation

- 1 Rinse the basmati rice and cook it in water with a little salt until tender, then drain if needed and keep warm.
- 2 Peel and finely chop the onion and garlic.
- 3 Heat a little water in a saucepan, add the onion and garlic, and cook until softened.
- 4 Stir in the curry powder and cook for about 1 minute to release the flavor.
- 5 Add the chickpeas and coconut milk, then season with salt and pepper and simmer gently for 8 to 10 minutes.
- 6 Add the spinach and cook just until wilted and bright green.
- 7 Serve the chickpea and spinach curry over the warm rice.

GOOD TO KNOW

If the curry seems too thick, add a splash of water while simmering to reach your preferred texture.