



spoon & whisk

ESSENTIAL KITCHENWARE & CUTLERY
FOR THE WELL-STOCKED KITCHEN

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Chickpea and Spinach Curry

Serves 4 - 6

This chickpea and spinach curry combines flavor-forward spices and veggies into the ultimate meal. Creamy chickpeas and earthy spinach are smothered in a smooth, spicy sauce. Serve it with rice or naan, and enjoy!

Ingredients:

2 tablespoons butter
1 yellow onion, chopped
5 cloves garlic, sliced
2 tablespoons tomato paste
1 cup cherry tomatoes, quartered
1/2 teaspoon Kosher salt
1/4 teaspoon red pepper flakes
1/4 teaspoon turmeric
1-1/2 teaspoons curry powder
1/2 teaspoon coriander
1/2 teaspoon cumin
1-inch fresh ginger, grated
1 can (13.5 oz) coconut milk
1 cup vegetable stock
2 cans (16 oz each) chickpeas, drained
2 cups baby spinach

Saffron Rice Ingredients:

2 tablespoons butter
5-6 strands saffron
1-1/2 cups basmati rice
3 cups vegetable stock
1/2 teaspoon salt

Serving Options:

Lime wedges
Fresh cilantro
Naan

Directions:

1. In a heavy skillet over medium heat, melt the butter. Add the onion and cook for 3-4 minutes. Add the garlic and cook for another 1-2 minutes, or until very fragrant.
2. Add the tomato paste, cherry tomatoes, salt, red pepper flakes, turmeric, curry powder, coriander, cumin, and freshly grated ginger. Cook for 4-5 minutes until the tomatoes begin to cook down and the flavors combine.
3. Add the coconut milk, vegetable stock, and chickpeas and bring the mixture to a boil.
4. Reduce the heat to low and simmer for roughly 25-30 minutes, or until the broth has reduced and the sauce is thick and creamy.
5. Meanwhile, make the saffron rice. Rinse the rice in a fine mesh strainer until the water runs clear. In a pot with a lid, melt the butter over medium heat. Add the saffron and sauté for a minute. Then, add the rice and continue sautéing until slightly toasted. Add the vegetable stock and salt. Increase the heat to high and bring to a boil. Reduce the heat to low. Simmer with the lid on for 15-20 minutes, or until the rice is cooked to tenderness.
6. Stir the baby spinach into the curry. Allow the spinach leaves to wilt, about 1 minute. Remove from the heat. Serve the chickpea and spinach curry with the saffron rice. Top with cilantro and a squeeze of fresh lime.