

Summer Curry Delight!

What You Need

1 small onion	1 large white potato, peeled
1 clove of garlic	6 large florets of cauliflower
1tsp of turmeric	200g chopped tomatoes
1tsp of paprika	1 cup of spinach
1tsp ground coriander	1tsp vegetable oil
1tsp cumin	100g basmati rice (dry weight)
200g chickpeas	



Let's Get Started

1. Finely chop the onion and add to a deep frying pan/saucepan with the vegetable oil on a medium heat.
2. Crush or finely chop the clove of garlic and add to the onions. Mix well and cook until the mix has completely softened (and even starting to crisp up a little around the edges).
3. Time to add the chickpeas! Fry them off with the onions and garlic for around 2 minutes.
4. It's time to add the spices! Add them all to the pan and ensure the mix is all coated evenly.
5. Chop the potato and the cauliflower into small pieces. Add these to the pan and mix well.
6. Time to add the tomatoes, mix well and then turn your heat down low, pop on a lid and leave to simmer for 20 minutes.
7. Whilst the curry mix is simmering, it's a perfect time to prepare your rice. Rinse your rice in a colander to remove any extra starch (that makes the rice go sticky) and then add to a pan of boiling water. Once the water has started to ferociously bubble, turn it down to a low heat. Then pop on a lid, leave to simmer for 15 minutes whilst stirring occasionally.
8. Once your curry mix has cooked, turn of the heat and add in the spinach. This allows the spinach to wilt slightly, but not too much so it preserves its nutrients and flavours.
9. Drain your rice, then serve! A smaller portion for baby and a perfectly portioned size for you!