

Vegan potato, spinach and chickpea curry

This simple and delicious curry is very mild, and is suitable for vegetarians and vegans, and those with gluten intolerance. It's super healthy and a great option for school lunches.



Ingredients (Makes 4-5 servings):

500g of potato **or** 1 medium sweet potato, chopped into 2-3 cubes (leaving the skin on increases the nutritional value)
1 can of chickpeas, drained and rinsed
(available at *Gyōmu Super* 業務スーパー)
1 can of coconut milk
1 can of chopped tomatoes or whole peeled tomatoes
1 pack (~140g) of spinach (*hourensō* ほうれん草) removed from stalks. The stalks can also be cooked if chopped finely
1 medium onion, finely diced
4 tspn oil
3 large garlic cloves (or 3 tspn minced garlic)
4 tspn minced ginger
1 tbsp ground cumin
1 tspn turmeric
1 tspn ground coriander
1 tspn mild chili powder
1 tspn salt and ½ tspn pepper

Method:

1. In a large pan, sauté the onions on a medium heat for 5 minutes until soft. Add the garlic, ginger and spices and cook on a low heat for 2-3 minutes, stirring regularly.
2. Add the potatoes, tomatoes, chickpeas and coconut milk. Cook uncovered, on a medium heat for 20-30 minutes, or until the potatoes are tender.
3. Add the spinach and cook for a further 3-4 minutes.
4. As an optional step, you can take a third of the curry and blend or mash it, then add it back to the remaining curry to thicken it.
5. Season to taste and serve with cooked rice.
6. This will keep in an airtight container for up to 5 days in the fridge.

By Joni Longden