

Spinach, chickpea and aubergine curry with brown rice

Serves 2

Ingredients

- 500 g fresh spinach, chopped (alternatively use frozen spinach, defrosted beforehand or drained canned spinach).
- 1 tbsp vegetable oil
- 1 medium red onion, chopped
- 1 can of chickpeas, drained and rinsed
- 1 clove of garlic, finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 small aubergine, cut into small cubes
- 400 g canned chopped tomatoes
- 125 g brown rice (uncooked weight)
- Black pepper to season, if required



Method

1. Set the brown rice to cook according to the instructions on pack.
2. Heat the oil in a large pan and cook the onion, chickpeas, garlic and spices for 5 minutes over a medium heat.
3. Add the aubergine and cook for 10 minutes until the aubergine is coloured.
4. Add the tomatoes and spinach and then cover the pan, lower the heat and simmer for 15 minutes until the aubergine is soft. Taste and add black pepper to season if you need it.
5. Serve with the rice.