RECIPE

Yellow chickpea curry

A turmeric-yellow chickpea and tomato curry with spinach, served over brown rice for a plant-based dinner.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 2 tsp olive oil
- [ ] 1 large onion, diced
- [ ] 1 tsp ground ginger
- [ ] 1 tsp garlic powder
- [ ] 2 tsp ground turmeric
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] ¼ tsp cayenne pepper
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 3 cups no-salt-added chickpeas (two 15-oz cans), drained and rinsed
- [ ] 3 tbsp canned coconut milk, shaken
- [ ] 6 cups packed baby spinach (about 6 oz)
- [ ] 2 tbsp lime juice
- [ ] ½ tsp salt

Method

1. Heat the oil in a big, deep pan over medium heat. Cook the onion for 6 to 8 minutes, stirring now and then, until it is soft and starting to turn gold.

2. Stir in the ginger, garlic powder, turmeric, cumin, coriander and cayenne. Keep stirring for 30 seconds, until the pan smells warm and toasty. Do not let the spices scorch.

3. Pour in the tomatoes with their juice and scrape up anything stuck to the bottom. Let them bubble for 3 minutes.

4. While that cooks, put 1 cup of the chickpeas in a bowl with the coconut milk and the water. Mash with a fork or a potato masher into a rough, golden cream.

- [ ] 4 cups cooked brown rice, for serving (1 cup a bowl)
- [ ] 1 cup water

5. Tip the cream into the pan with the rest of the chickpeas. Bring to a gentle simmer, partly cover, and cook 20 minutes, stirring every 5 minutes. It is ready when the sauce coats the back of a spoon and the whole chickpeas are soft.

6. Take the pan off the heat. Stir in the spinach a handful at a time until it wilts, then the lime juice and the salt. Taste before you serve; a little more lime brightens it without adding salt.

7. Serve over the brown rice, 1 cup in each of four bowls. Cool leftovers in shallow containers within 2 hours, then refrigerate for up to 4 days (our kitchen practice; we hold no published source for it yet). Reheat to a boil, stirring, or to 165 °F. Freezes in 2-cup tubs for 3 months; keep the rice separate (our kitchen practice; we hold no published source for it yet).