Vegan Chickpea & Spinach Curry

Description

This hearty and flavorful chickpea and spinach curry is a perfect balance of protein-rich legumes, nutrient-dense greens, and aromatic spices. With a creamy tomato base and just the right level of spice, this dish is both comforting and nourishing. Serve it over fluffy rice or with warm naan for a delicious and satisfying meal.

Ingredients:

- 1 tablespoon olive oil or coconut oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- ½ teaspoon cayenne pepper (adjust to taste)
- 1 can (14 oz) diced tomatoes

- 1 can (14 oz) chickpeas, drained and rinsed
- 1 cup coconut milk
- 2 cups fresh spinach, chopped
- ½ teaspoon salt (or to taste)
- ½ teaspoon black pepper
- Juice of ½ lemon
- Fresh cilantro, for garnish

Instructions:

1. **Sauté the Aromatics:** Heat oil in a large pan over medium heat. Add the chopped onion and sauté for 3-4 minutes until translucent.
2. **Add Garlic & Spices:** Stir in the garlic, ginger, cumin seeds, ground coriander, turmeric, garam masala, and cayenne pepper. Cook for 1-2 minutes until fragrant.
3. **Add Tomatoes:** Pour in the diced tomatoes and cook for 5 minutes, stirring occasionally.
4. **Simmer with Chickpeas:** Add the chickpeas and coconut milk, stirring well. Let the curry simmer for 15 minutes.
5. **Add Spinach:** Stir in the chopped spinach and cook for another 3-4 minutes until wilted.
6. **Season & Finish:** Add salt, black pepper, and lemon juice. Stir well and adjust seasoning to taste.
7. **Serve & Garnish:** Serve hot, garnished with fresh cilantro, alongside rice or naan.