



CURRIED CHICKPEAS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 onion, finely chopped
- 1 tablespoon avocado oil
- 2 teaspoons garam masala
- 1 teaspoon mustard seeds
- 1 teaspoon fennel seeds
- 1/2 teaspoon ground cinnamon
- 1 can chopped tomatoes
- 1 tablespoon almond butter
- 1 can coconut milk
- 1 jar Brindisa chickpeas
- 100g baby spinach

METHOD

1. Heat the avocado oil in a large shallow pan and add the chopped onion.
2. Cook for about 8-10 minutes until soft and slightly golden.
3. Add all the spices and stir well.
4. Add the tomatoes, almond butter and coconut milk and simmer gently for 5 minutes.
5. Add the chickpeas and again stir well.
6. Add the spinach leaves and leave the dish to simmer very gently for another few minutes until the spinach is wilted.