

## Cauliflower, Chickpea & Potato Curry

### Ingredients:

1	Cauliflower
800g	Potatoes
2 cloves	Garlic
1	Onion
1	Long Green Chilli
2tbsp	Olive Oil
2tbsp	Unsalted butter
4tsp	Curry Powder or Garam Masala
1 x 400g Tin	Chickpeas
250g	Baby Spinach
1 Tin	Coconut Milk



### Method:

Separate the cauliflower into florets, then cook in boiling salted water for 5 minutes, take out of boiling water and drain, keep the cooking water.

Roughly chop the potatoes (all same size) and cook in boiling salted water for 10 minutes, then drain.

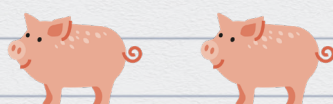
Peel and thinly slice the garlic and onion, then finely slice the chilli (make sure you wash hands afterwards).

Heat the oil and butter in a large frying pan over a low heat and sauté the garlic, onion, and chilli till softened.

Stir in curry powder, season with salt and pepper, and cook for a few minutes. Add the cooked cauliflower, potatoes, and coconut milk, then simmer on a low heat for 10 minutes.

Drain and add the chickpeas, then the spinach. Cook, stirring, until the spinach wilts. Transfer to a serving bowl and serve.

**Fig-O-Meter:**



**This one is moderate!**