

Golden chickpea and spinach stew

Preparation time: 25 mins, cooking time 35 minutes

Ingredients:

- 1 tbsp. coconut oil
- 1 red onion, finely chopped
- 4 – 5 cloves garlic, crushed or grated
- Thumb sized piece fresh ginger, grated
- 1 ½ tsp dried turmeric
- ½ - 1 tsp chilli flakes
- 2 tins chickpeas, drained
- 2 tins full fat coconut milk e.g. Thai Gold
- 250ml veg stock (we like Marigold or Kallo)
- 1 large bunch spinach / kale / switch chard, torn into bite-sized pieces
- Handful fresh mint / coriander leaves, shredded, to serve

Directions:

- Heat the coconut oil in a large saucepan, add the onion, garlic and ginger and cook for 5 minutes until softened
- Turn up the heat slightly, add the turmeric, chilli flakes and chickpeas and cook for a further 6 – 8 minutes until the chickpeas are starting to brown and get crunchy
- Remove 1 cup of chickpeas to add back in later. Squash the chickpeas still in the pan with a ladle or wooden spoon to help thicken the stew as it cooks. Then add the coconut milk and veg stock and simmer gently for 25 – 30 minutes until the stew has thickened
- Add the greens, submerging under the sauce, and cook for a further 5 – 8 minutes
- Serve topped with the reserved chickpeas and mint / coriander leaves, with wholegrain pitta or brown basmati rice
- This tastes even better the next day and will keep in the fridge for 3-4 days

This is Alison Roman's chickpea recipe that 'broke the internet' when it appeared in The New York Times. It's great at any time of year, but in summer it's an ideal way to use up the glut of spinach or kale that appears in gardens, shops and veg boxes