Chickpea, Aubergine & Spinach Curry

Ingredients

- 1½ tbsp vegetable oil
- 1 onion, chopped
- 3 garlic cloves, finely chopped
- ½ red chilli, deseeded and finely chopped
- 5cm piece fresh ginger, finely chopped
- 1 aubergine (eggplant), diced into 2cm cubes
- 2 tbsp soy sauce
- 1 x 400g can chickpeas, drained and rinsed
- 2 tbsp curry powder
- ½ tbsp ground turmeric
- 1 x 400ml can coconut milk
- 1 x 400g can chopped tomatoes
- 115g baby spinach
- Juice of ½ lemon
- 1 tsp ground black pepper
- 2 tbsp toasted flaked almonds (optional)
- Crushed chilli flakes (optional)
- Naan bread or rice, to serve (optional)

Instructions

- Have all your ingredients prepped and ready—this makes the cooking process smoother and quicker.
- In a large saucepan, heat the vegetable oil over medium heat.
- Add onion, garlic, chilli, and ginger. Sauté for about 5 minutes, stirring frequently until softened and fragrant.
- Stir in the chopped aubergine and soy sauce. Cook for another 5 minutes, then add 5 tablespoons of water.
- Continue cooking for 5 more minutes, until the aubergine is soft and tender. If needed, cook a little longer.
- Add chickpeas, curry powder, turmeric, coconut milk, chopped tomatoes, spinach, lemon juice, and black pepper.
- Bring the mixture to a boil, then reduce the heat and simmer for 5 minutes, stirring occasionally.
- Divide into 4 bowls. Garnish with flaked almonds and chilli flakes if desired.

Serve hot with naan bread or a side of rice.