

## Spinach, Potato & Chickpea Curry

### Equipment

Knife, brown chopping board, garlic press, frying pan, saucepan, measuring spoons, measuring jug, wooden spoon, can opener.

### Skills

Using the hob, Bridge hold, claw grip, stir-fry, combining

### Heat Transfer

Conduction

### Keywords

Slice, peel, crush, cube, simmer, tender

### Ingredients

1 onion

1 garlic clove

1 tsp oil

2 tbsp curry paste

150ml water

½ large potato

½ tin tomatoes

½ tin chickpeas (drained)

1-2 handfuls spinach

100g rice

### Method

1. Boil a pan of water.
2. Prepare the onion, garlic and potatoes:
  - Slice the onion
  - Peel & crush the garlic
  - Peel & cube the potatoes (small)
3. Fry the onion, potatoes & garlic for 2 minutes in the oil.
4. Stir in the curry paste and water.
5. Add the tomatoes & chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
6. Add the rice **to the saucepan of boiling water.**
7. After 15 minutes drain the rice and serve