



Chickpea with sweet potato Curry

Ingredients

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 (15 oz) can chickpeas, drained
- 1 (14.5 oz) can diced tomatoes
- 1 (14 oz) can coconut milk
- 1 sweet potato, peeled and cubed
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon salt
- ¼ teaspoon red chile flakes (*optional, for heat*)
- 1 cup baby spinach

Instructions

1. Sauté the Aromatics

Heat the olive oil in a large skillet over medium heat. Add chopped onion, garlic, and ginger. Sauté until fragrant and soft, about 5 minutes.

2. Add the Base Ingredients

Stir in chickpeas, diced tomatoes (with juices), coconut milk, and sweet potato cubes. Bring to a gentle boil.

3. Simmer the Curry

Reduce heat to low, cover, and simmer for 15 minutes, or until the sweet potatoes are tender.

4. Season & Finish

Stir in garam masala, cumin, turmeric, salt, and chile flakes. Add spinach and cook for 1–2 minutes more, just until wilted.

5. Serve

Ladle into bowls and serve hot with rice and naan.