



SPINACH & CHICKPEA CURRY to serve 4

INGREDIENTS

Cumin Seeds	2 Teaspoons
White Onion	1 Medium
Salt	Pinch
Garlic	2 Cloves
Ginger	2cm piece
Sweet Potato	1 Medium
Chickpeas (Drained)	1 Tin
Chopped Tomatoes	1 Tin
Madras Curry Powder	2 TS
Frozen Spinach (Defrosted)	150g
Fresh Coriander	10g

- 1) Turn saucepan on to a medium heat, add a teaspoon of oil, then add in the mustard & cumin seeds. Fry until the seeds start to pop (appx. 3-4 minutes.)
- 2) Whilst the seeds are frying peel and finely slice the white onion, and grate the sweet potato. Once the seeds have started to pop add the onions & sweet potato to the pan with a pinch of salt, stir well and leave to soften on a low-medium heat for, stirring occasionally, if they start to catch add a splash of water.
- 3) Deskin the garlic, then finely chop, along with the ginger. Once the onions are soft add to the pan and cook for 1-2 minutes.
- 4) tomatoes, chickpeas and madras curry powder . Bring to the boil for 5 minutes, add in the defrosted spinach and reduce to simmer for another 5 minutes
- 5) Finely chop the coriander, and chopped coriander to the curry right at the end. Serve with basmati rice or chapatis.

VARIATIONS - You can replace sweet potato with butternut squash/cauliflower/ Potatoes
You could also replace chopped tomatoes with coconut cream.



50/50 WHEAT CHAPATIS

INGREDIENTS

Strong Flour	100g
Wholemeal Flour	100g
Water	120g
Salt	pinch

1. Weigh the flour, water and salt in a bowl and mix together.
 - a. Knead the dough until tight & springy
 - b. Divide the dough into 4 then leave to rest for a couple of minutes
2. Roll each of the dough balls out so it is the size of the frying pan.
3. Once rolled add half a teaspoon of oil on one side of the dough and spread all over with you hands.
4. When the pan is hot carefully place the dough oiled side down in to the pan.
5. Cook for 3-4 minutes, waiting for bubbles to appear in the dough before flipping over and cooking for a further 1-2 minutes.