Chickpea and Pumpkin curry

For the paste
2 tbsp of oil
1 onion, diced
1 tsp fresh or dried chilli
9 garlic cloves (approximately 1 small bulb of garlic)
1 thumb-sized piece of ginger, peeled
1 tbsp ground coriander
2 tbsp ground cumin
1 tbsp garam masala
2 tbsp tomato purée

1. To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 minutes.
2. In a food processor, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tbsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil if needed.
3. Cook the paste in a medium saucepan for 2 minutes over a medium-high heat, stirring occasionally so it doesn’t stick.
4. Add 2 x 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 minutes until reduced down.
5. Add 100g creamed coconut with a little water, cook for 5 minutes more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.
6. Add some coriander and serve.

For the curry
1 pumpkin or squash
2 x 400g cans chickpeas, drained
400g can chopped tomatoes
100g creamed coconut
½ small pack coriander, chopped, plus extra to garnish
100g spinach

Glossary

Diced: Cut into small squares
Ground: Crushed into small pieces
Drained: Without liquid/water
Wilted: Has lost its shape
Simmer: Just below boiling point
Blend: Mix
Tbsp: Tablespoon