THE LIGHTER PLATE METHOD

Aubergine and Chickpea Curry

Silky, gently spiced and made almost entirely from the cupboard and freezer.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**4**	**EASY**

Ingredients

- 1 large aubergine (cut into chunks)
- 1 onion (diced)
- 2 tbsp medium curry powder
- 1 x 400g tin chickpeas (drained)
- 1 x 400ml tin coconut milk
- 100 g spinach

Method

1. Heat a little oil in a large pan and cook the onion for 4 minutes until softened.
2. Stir in the curry powder and cook for 1 minute until fragrant.
3. Add the aubergine and cook for 3–4 minutes, stirring often.
4. Pour in the coconut milk and chickpeas, bring to a simmer and cook for 18–20 minutes until the aubergine is soft.
5. Stir through the spinach for the final 2 minutes until wilted. Serve with rice.

Storage & reheating

Keeps in the fridge for 3 days or freezes for up to 3 months. Reheat until piping hot.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**10g**	**26g**	**20g**	**11g**

Estimated values, for guidance only.