

Chickpea and butternut squash

Preparation time: 10 minutes, cooking time 30 - 40 minutes

Ingredients:

- 1 tbsp. coconut oil (or use olive or rapeseed oil)
- 1 large onion, diced
- 2 tbsp. good quality Indian curry paste
- 1 small butternut squash, peeled and cubed
- 5 tomatoes, cubed or 1 tin plum tomatoes
- 1 can chickpeas, drained
- 4 handfuls baby spinach or 1 – 2 handfuls frozen spinach
- Full fat natural yoghurt and finely chopped fresh coriander to serve

Directions:

- Sauté onion in oil in a large saucepan until soft, approximately 5 minutes
- Add the curry paste, cook for 1 minute, then add the butternut squash, tomatoes and 200ml boiling water. Cover the pan and simmer for 20 minutes or until squash is cooked
- Add chickpeas and spinach and cook for a further 3 – 4 minutes
- Serve with wholegrain rice, topped with a little natural yoghurt and fresh coriander

This delicious curry tastes even better the next day and freezes well.