Spinach, Potato and Chickpea Curry

A curry is the English description of any variety of spicy dishes, best-known in Indian, Pakistani, Bangladeshi, Sri Lankan, Nepali, Indonesian, Malaysian, Thai, and other South Asian and Southeast Asian cuisines. The next two recipes teach you about making a curry dish in one pan and there are a few nutrition and safety tips for those of you who eat meat. This is an opportunity for you to be creative and select ingredients that could be combined into the dishes.

Learning Objectives
In this activity, you will:
- learn how to make a curry using minimal pieces of equipment;
- demonstrate safe use of the cooker and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. peeling, chopping, crushing garlic, de-seeding chilli;
- buying, storing, preparing and cooking meat;
- demonstrate fry, boil and simmer.

Keywords: fry, boil, simmer, cross-contamination.

Ingredients
1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 large potato
400g can chopped tomatoes
410g chickpeas, canned (drained)
3 handfuls of fresh spinach
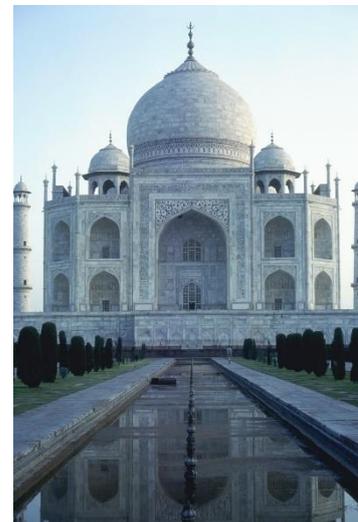
Equipment
Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method
1. Prepare the onion, garlic and potatoes:
    - slice the onion;
    - peel and crush the garlic;
    - peel and cube the potatoes.
2. Fry the onion and garlic for 2 minutes in the oil.
3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

Top tips
- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook – freeze portions for a rainy (busy) day

Skills

Using the hob	Bridge-hold	Claw-grip	Stir-fry	Combining