

# Chickpea & Spinach Curry

Name: Your Name Here

Email: Your Email here

Servings: 4

Total Time: 35 minutes

Total Cost: ~\$8.25

Cost per Serving: ~\$2.06

## Ingredients & Prices:

- 2 tbsp olive oil – \$0.40
- 1 medium onion (chopped) – \$0.50
- 3 garlic cloves (minced) – \$0.30
- 1 tbsp fresh ginger (grated) – \$0.25
- 2 cans chickpeas (drained) – \$2.00
- 1 can diced tomatoes – \$1.00
- 1 can coconut milk – \$1.50
- 4 cups spinach (fresh or frozen) – \$2.00
- 2 tsp curry powder – \$0.20
- Salt & pepper – \$0.10

## Equipment Needed:

- Large saucepan or deep skillet
- Wooden spoon or spatula
- Cutting board
- Chef's knife
- Can opener
- Measuring spoons

**Instructions:**

- **(5 mins) Heat oil in a saucepan/skillet over medium heat.**
- **(5 mins) Add onion, garlic, and ginger. Sauté until soft and fragrant.**
- **(5 mins) Add curry powder and diced tomatoes. Stir and cook down.**
- **(5 mins) Add chickpeas and coconut milk. Stir and bring to a simmer.**
- **(10–15 mins) Stir in spinach. Simmer until spinach is wilted and flavors have blended.**
- **Season with salt and pepper to taste.**