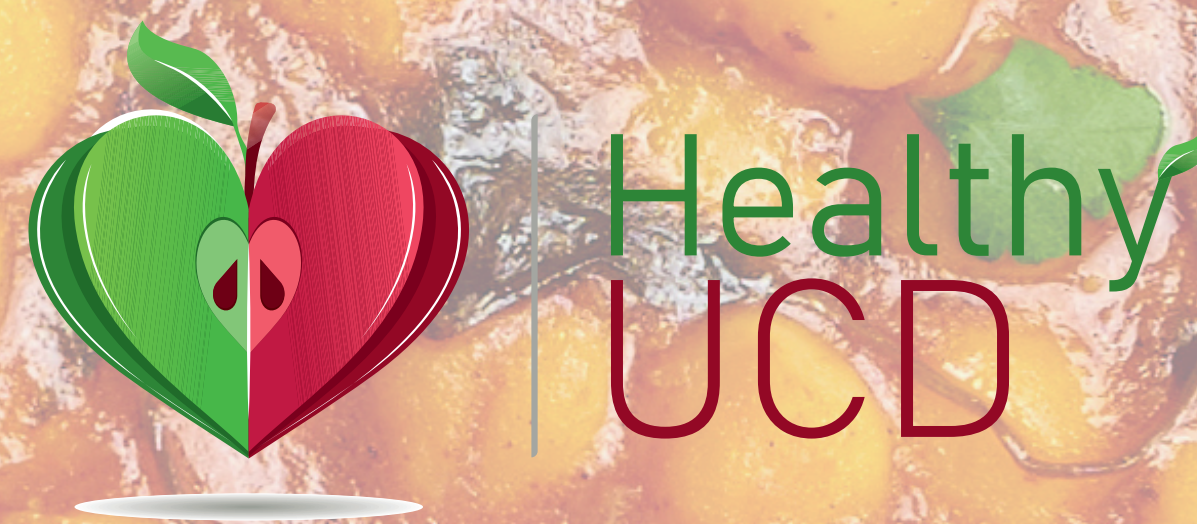




Chickpea and Spinach

Peanut Curry

COOKING TIME: 10 MINS



SERVINGS: 5

# Ingredients

- 1Tbsp Oil
- 1 Red Onion, chopped
- 2 Garlic Cloves, finely chopped
- 1 Bell pepper, chopped
- 1 Tbsp curry powder
- 1 Can Coconut Milk
- 5 Tbsp peanut butter
- 1 Can Chickpeas
- 90g Spinach



Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Oil	1 Tbsp	na	na	na
Red Onion	1	€0.43	€0.20	€1.00
Garlic	2 cloves	€0.04	€0.07	€1.30
Bell Pepper	1	€0.95	€0.89	€1.99
Curry powder	1 tsp	€0.07	€0.07	€0.20
Coconut Milk	1 can	€0.95	€0.49	€2.39
Peanut Butter	5 Tbsp	€0.33	€0.33	€
Chickpeas	1 can	€0.95	€0.43	€1.05
Spinach	90g	€0.99	€0.99	€1.50
Total cost/recipe		€4.71	€3.47	€12.09
Total cost/serving		€0.94	€0.69	€2.42

# Method

1. Heat the oil in a saucepan, add the onion and garlic and cook until softened. Then add the chopped peppers
2. Add the spices and curry powder and cook for a few minutes
3. Add the coconut milk and bring to the boil
4. Once boiling add the peanut butter, 100 ml of boiling water. Reduce the heat and cook for another 5 mins before adding the spinach.
5. Serve with rice.

# Dietary Information

## Nutritional Values

	Per Serving	%RI
Energy (kcal)	555kcal	28%
Fat	24g	34%
of which saturates	11g	55%
Carbohydrates	67g	26%
Fibre	6.2g	25%
Protein	14g	28%
Salt	0.23	4%

# Dietary Information



Gluten free



**Vegetarian**



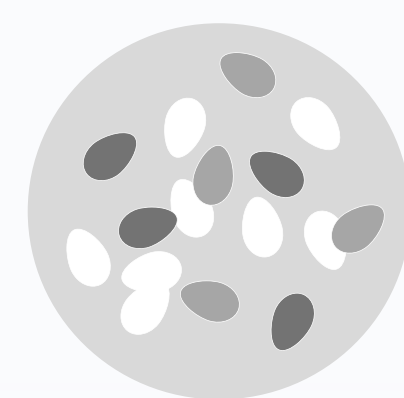
Contains gluten



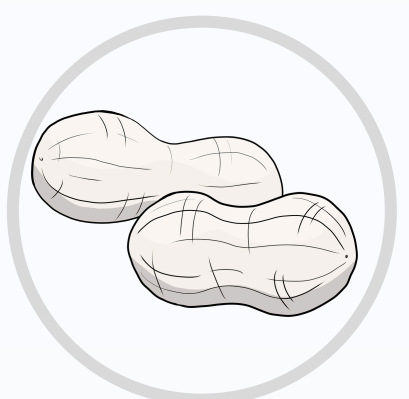
**Vegan**



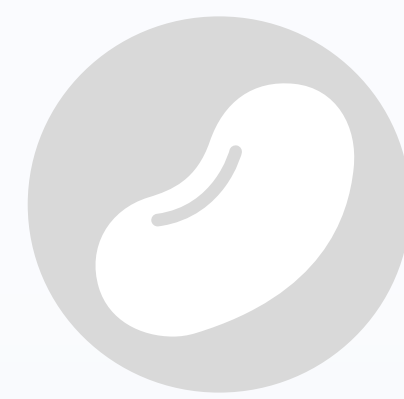
Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish

