

# Mild Egg Korma with Chickpeas and Spinach



Preparation time: 15 mins  
Serves: 4 people  
User Rating: ★★★★★

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## Ingredients

- 2 tbsp canola oil
- 1 brown onion, peeled and diced
- 1/3 cup korma curry paste
- 1/3 cup tomato paste
- 1 ¼ cups water
- 1/3 cup light coconut cream
- 400g can chickpeas, rinsed, drained
- 120g baby spinach leaves

- 8 hard-boiled eggs, halved
- Coriander leaves, to serve
- Natural yoghurt, to serve
- Roti, heated, to serve

## Method

1. Place a large saucepan over medium heat and add the oil and onion. Cook the onion for about 5 minutes or until softened.
2. Add the curry and tomato paste and cook gently for 1-2 minutes or until fragrant. Add the water and coconut cream and bring it to a simmer. Add the chickpeas and cook for 5 minutes, stirring continuously. Stir in the spinach and cook until just wilted.
3. Add the hard-boiled eggs to the curry and stir them in gently to coat.
4. Scatter with coriander and serve with yoghurt and roti.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>398g</b>	<b>2020kJ</b> <b>483kcal</b>	<b>23.5g</b>	<b>32.7g</b>	<b>10.4g</b>	<b>19.9g</b>	<b>5.6g</b>	<b>969mg</b>	<b>9.6g</b>
Vitamin D								
<b>6.8µg</b>								

All nutrition values are per serve.