

Korma Egg Curry with Spinach and Chickpeas



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian



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 oil and onion. Cook onion for about 5 minutes or until softened.
2. Add curry and tomato paste, cook gently for 1-2 minutes or until fragrant. Add water and coconut cream. Bring to a simmer. Add chickpeas and cook, stirring, for 5 minutes. Stir in the spinach and cook until just wilted.
3. Add the eggs to the curry and stir gently to coat. 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
462g	2810kj 672kcal	28.2g	40.1g	13.2g	45.7g	10.2g	920mg	8.9g

All nutrition values are per serve.