

Mild Egg Korma with Chickpeas and Spinach



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 10 July 2013

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 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
398g	2020kj 483kcal	23.5g	32.7g	10.4g	19.9g	5.6g	969mg	9.6g
Vitamin D								
6.8µg								

All nutrition values are per serve.