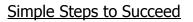# Chickpea-Spinach-Curry (vegetarian)

This is one of my favorite recipes. An Indian curry with delicious spices, healthy chickpeas and rounded off with refreshing mint leaves.

Preparation time: **20 min** + Cooking time: **1h 40 min**
= **Total time: 2h + soaking chickpeas overnight!**

200g	dried chickpeas
2 tb.	olive oil
2	onions, cut in rings
1 tb.	cumin
2 ts.	coriander (ground)
1 ts.	chili powder
1 ts.	curcuma
1 can	tomatoes
1 tb.	brown sugar
1 tb.	olive oil
1	onion (small), finely chopped
200g	spinach
2 tb.	mint leaves, chopped
	salt

Simple Steps to Succeed

1. Soak the chickpeas overnight in cold water.
2. Pour water off, place in a pan and cover with water.
3. Bring it to boil. Reduce heat. Cook for 45 minutes. Drain off the water and set aside.
4. Pour olive oil in a pan. Heat and brown the onions for about 15 minutes until golden-brown.
5. Add coriander, cumin, chili and curcuma. Fry for 1 to 2 minutes.
6. Deglaze with 100ml of water. Add tomatoes and sugar.
7. Put the lid on. Reduce heat. Let it cook for 15 minutes.
8. In the meantime brown the second onion with 1 tb. of olive oil.
9. Add the spinach, put the lid on, reduce heat. Simmer until used.
10. Add chickpeas to the tomato-mixture. Season with salt (it needs quite a lot). Simmer for 8 to 10 minutes.
11. Add the spinach and stir in the mint leaves.

The dish works best with Naan!

Tips:
- Garnish with yoghurt