

Chickpea-Spinach-Curry

GROCERY LIST

Vegetables:

- ☐ dried chickpeas (200g)
- ☐ spinach (200g)
- ☐ onions (3)

Canned Goods:

- ☐ tomatoes (1 can)

Check for:

- ☐ olive oil
- ☐ salt

Spices:

- ☐ cumin (1 tb.)
- ☐ coriander (seeds) (2 ts.)
- ☐ chili powder (1 ts.)
- ☐ curcuma (1 ts.)
- ☐ mint leaves (2 tb.)

Other:

- ☐ brown sugar (1 tb.)