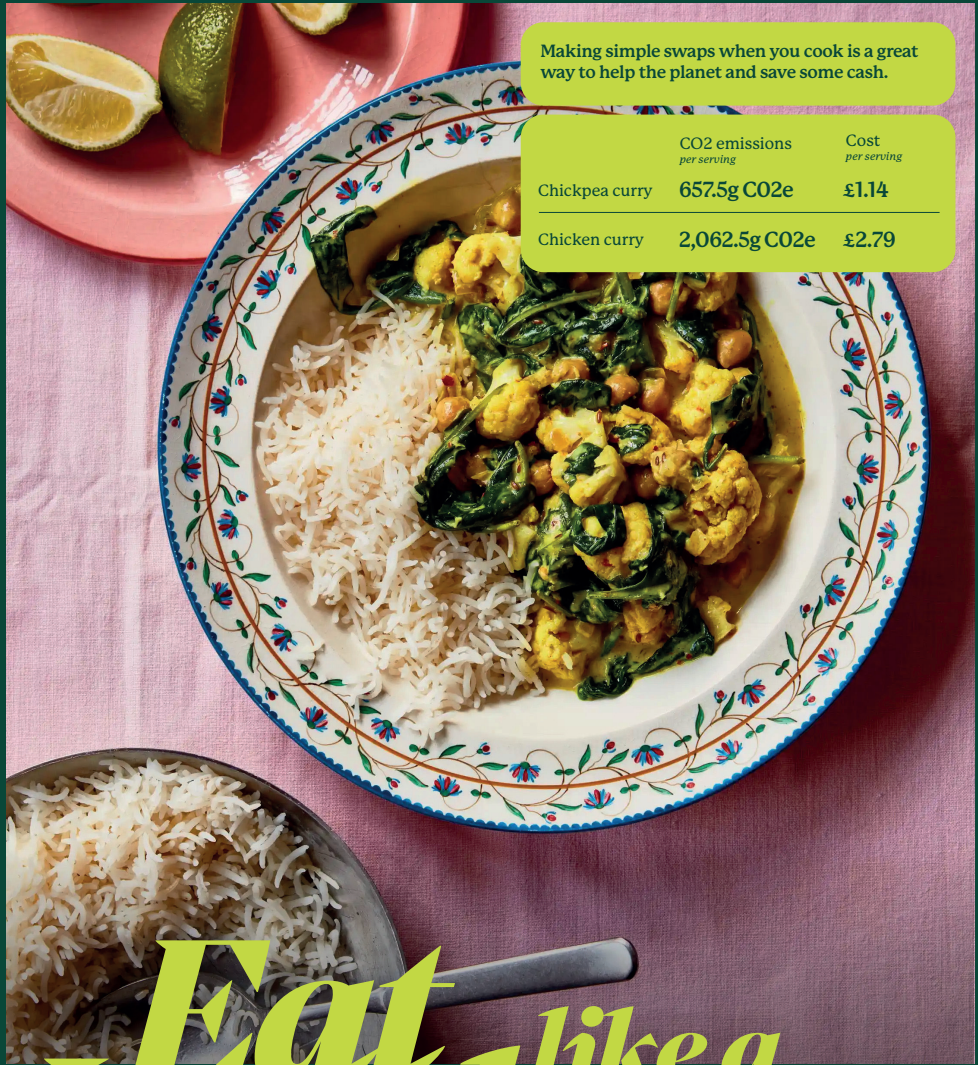


# £1 a portion chickpea curry

Save time. Save money. Save the planet.  
Try Rukmini Iyer's delicious one-pan curry recipe.

Making simple swaps when you cook is a great way to help the planet and save some cash.

	CO2 emissions per serving	Cost per serving
Chickpea curry	657.5g CO2e	£1.14
Chicken curry	2,062.5g CO2e	£2.79



**Eat** like a  
**Londoner**

# £1 a portion chickpea curry

By *Rukmini Iyer*

Serves 4

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## Ingredients

2 tbsp neutral oil  
1 tsp cumin seeds  
1 onion, peeled and finely chopped  
5cm piece fresh ginger, peeled and grated  
2 garlic cloves, peeled and grated  
1 heaped tsp ground cumin  
1 heaped tsp ground coriander  
½ tsp ground turmeric  
1 tsp crushed chillies  
1 tsp sea salt flakes  
1 x 400g tin coconut milk  
1 cauliflower, cut into small florets  
1 x 400g tin chickpeas, drained and rinsed  
100g spinach  
Juice of 2 limes

## Method

1. Put the oil in a large saucepan on a medium heat, then add the cumin seeds and fry for 30 seconds. Add the onions and cook, stirring, on a medium-low heat for 10 minutes, until they turn golden brown. Add the ginger, garlic, cumin, coriander, turmeric, chilli and salt, turn down to a low heat and stir-fry for two minutes more.
2. Stir in the coconut milk, then add the cauliflower and chickpeas, and bring to a boil. Turn down to a simmer and cook for 15 minutes, until the cauliflower is just cooked through. Add the spinach and cook for a further two minutes, until wilted.
3. Turn off the heat, leave the curry to stand for 10 minutes, then add the lime juice, and taste and adjust the salt in the sauce, if need be. Serve hot with rice and/or flatbreads on the side.

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Original recipe from: [www.theguardian.com/food/2023/feb/27/about-1-pound-a-portion-one-pan-chickpea-curry-recipes-rukmini-iyer](https://www.theguardian.com/food/2023/feb/27/about-1-pound-a-portion-one-pan-chickpea-curry-recipes-rukmini-iyer)

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