

## **BUTTERNUT & CHICKPEA CURRY**

Source: Waitrose magazine

Serves 6



- Sunflower oil spray
- Onion, diced – 1
- Root ginger, chopped – 3 cm pcs
- Butternut squash, seeded and cubed – 1
- Chopped Tomatoes – 1 x 400g can
- Chickpeas, drained and rinsed – 1 x 400g can
- Curry paste – 2 TBSP
- Frozen spinach, chopped – 300g
- LOVE life seeded tortilla wraps – 6  
or Loyd Grossman chapattis – 6

### ***For the Salad:***

- Cucumber, seeded and diced – 1
- Red onion, finely chopped – 1
- Low fat natural yoghurt – 150g
- Mint, chopped – 2 TBSP
- Cumin seeds, toasted – 1 tsp
- Lemon juice – 1 squeeze

the curry is piping hot. Turn into a large serving bowl.

**4.** Meanwhile, stir together the cucumber, red onion, yoghurt, mint and cumin seeds. Add a squeeze of lemon juice to taste, then spoon into a serving bowl.

**5.** Warm the tortilla wraps or chapattis according to packet instruction.

**1.** Spray a large pan with sunflower oil and cook the onion, ginger and squash for 5 minutes until the onion is tender.

**2.** Add the tomatoes, chickpeas and curry paste and simmer gently for 15 min until squash is tender.

**3.** Add the spinach and simmer for a further 5 minutes, until the spinach has thawed and

*Serve with the curry and yoghurt salad*