



## Chickpea & Potato Curry

3 servings

20 minutes

### Ingredients

119 milliliters Water  
1 Yellow Onion (medium, chopped)  
3 Garlic (cloves, minced)  
6 grams Ginger (fresh, grated or minced)  
6 grams Curry Powder  
7 grams Garam Masala  
4 grams Chili Powder  
3 grams Sea Salt  
328 grams Chickpeas (cooked, rinsed)  
1 Yellow Potato (medium, peeled, diced)  
364 milliliters Canned Coconut Milk  
60 grams Baby Spinach

### Directions

- 1 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 2 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 3 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

**Serving Size:** One serving is approximately one cup of curry.

**More Flavor:** For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

**Additional Toppings:** Fresh cilantro or lime wedges.

**No Chickpeas:** Use cooked lentils instead.