



## Chilli Chick Peas and Spinach with Coconut Rice

(A great alternative to meat with a dash of heat)

### **Serves 4**

8oz of dried chick peas

These must be soaked for 12 hours and then boiled for 30 minutes.

(As an alternative use a can)

8oz Spinach

1 Tin Tomatoes (chopped)

1 onion (chopped)

2 Garlic Cloves (crushed)

1 Red Pepper (sliced)

1 Yellow Pepper (sliced)

1 Tspn Fresh Coriander (chopped)

2 Spring Onion (diced)

1 tbspn Spicy paste

1 squeeze of Lime Juice

1 tspn Honey

1 tspn Sunflower oil

### **Method**

Heat oil in large pan add onion ,garlic and spicy paste and fry for a few minutes do not allow this to brown add peppers, spinach and cooked or tinned chick peas ,lime juice ,honey and cook for a further 2 minutes

add tinned tomatoes and cook for 10 minutes .Finish off dish with spring onion and fresh coriander.

### **Spicy Paste**

1 tspn Sweet Paprika Powder  
1 tspn Garam Marsala  
1 tspn ground Cumin  
1 pinch Cinnamon  
1 tspn Ground Coriander  
1 tspn Chilli paste  
1 tbspn Tomato Puree  
1 dash of Chilli oil  
1 finely chopped Onion

Heat oil in a pan add onion stir in rest of ingredients add a little water (about 3tbspn) and cover cook for 15 minutes on very low heat (do not allow to burn)

### **Coconut Rice**

8oz of easy cook long grain rice  
2oz creamed Coconut  
1 chopped onion  
1 pinch Thyme  
1 chicken stock cube  
2 pints water

Put all of the ingredients in a pan and cook on a simmer for about 15 minutes until rice grains are soft.