



SPINACH, POTATO & CHICKPEA CURRY WITH FLATBREADS





Spinach, Potato & Chickpea Curry with Flatbreads

Recipe by Chef Edward Hayden

Ingredients

- **For the Curry**
- 2 x (400g) can of chickpeas
- 1 medium sized red onion-diced
- 3 cloves of garlic-crushed
- 1 ½ peppers-cut into dice
- 2 red chillies-finely chopped



- 1 inch fresh root ginger (though powdered also works)-chopped
- 1 teaspoon of ground turmeric
- 1 tablespoon curry powder
- 2 potatoes-peeled and cubed
- 1 large handful of fresh spinach
- 5floz/150ml vegetable stock
- 1 x (400g) tinned tomatoes
- 2 dessertspoons of Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- **For the Flat Breads**
- 150g self-raising flour, plus extra for dusting
- Pinch salt
- ½ teaspoon ground cumin
- ½ teaspoon chilli powder
- ½ teaspoon baking powder
- 150 g Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt

Directions

- **For the Curry**
- In a large wide based saucepan gently heat a little oil
- Add in the onion, chilli, garlic and ginger and fry gently for 3-5 minutes until nicely fragrant. This will produce a highly flavoured aroma in the kitchen. Next add in the diced peppers and cook this for a further 2-3 minutes
- Drain the chickpeas and rinse them under cold water as sometimes the liquid can be too strong in taste. Add the chickpeas to the pan and mix around to completely coat with the vegetable mixture
- The next ingredients which need to be added is the curry powder, coat the chickpeas with it. Again this will provide a beautiful aroma
- Next, add the vegetable stock and tinned tomatoes and reduce the heat to a very low heat, add in the cubed potatoes at this stage. Cover the saucepan with a tight fitting lid and simmer, very gently, for 15-20 minutes
- After the time has elapsed remove the lid, stir gently and add in the spinach and yogurt and season accordingly with a little salt and black pepper
- Finally mix in some chopped fresh coriander and serve immediately with some boiled basmati rice
- **For the Flat Breads**
- Mix together all the flatbread ingredients in a mixing bowl, adding a few drops of water if necessary to bring the mixture fully together.
- Dust a clean work surface with flour and knead for a minute or so to bring it all together and then leave in a bowl for approximately 30 minutes
- After the 30 minutes, dust a clean work surface and rolling pin with flour, then divide the dough



in half, then divide each half into 8 equal-sized portions

- Using a rolling pin, roll them out into a pitta bread shape (don't get too worried about the shape as odd shapes look great)
- Preheat a griddle pan (normal pan is fine also) on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, turning carefully. Serve the bread warm with the curry