

## Beef & Chickpea Curry

- 2 tbsp sunflower oil
- 2 onions, chopped
- 2 tbsp Curry Powder
- 1/2 tsp Hot Chilli powder
- 1kg Beef Diced Braising Steak
- 400ml can Coconut Milk
- 150ml Beef Stock (from a cube or jar)
- 2 x 410g cans Chick Peas in water, drained and rinsed
- 200g bag Spinach, chopped



1 Heat 1 tbsp of the oil in a large pan and cook the chopped onion for 3-4 minutes until softened.

Stir in the curry and chilli powders, and cook for a further minute. Add the remaining oil, then the beef and stir to coat in the spices.

Cook for 4-5 minutes, or until the meat is lightly browned.

2 Stir in the coconut milk and stock.

Cover and simmer for 1 1/2, hours, stirring occasionally

Add the chickpeas, put the lid back on and simmer for a further 30 minutes or until the beef is tender

3 Stir in the spinach and cook for a further 2 minutes to warm through Serve with basmati rice and a spoonful of low-fat natural yogurt.