

FINCHLEY HORTICULTURAL SOCIETY: SEASONAL RECIPES

Spinach Surprise

Ingredients

2 tbsp oil
1tsp cumin seeds
1 large onion, chopped
2 cloves garlic, chopped
1 tsp salt
½ tsp turmeric
1 or 2 chopped tomatoes
Chickpeas
½ lb fresh spinach (or 1 cup frozen)
2 tbsp chopped fresh coriander
Slice of lemon

Preparation

Heat oil in pan and add cumin seeds, onion, garlic, and salt. Cook until lightly browned. Add turmeric and tomatoes and cook for five more minutes. Add chickpease and spinach, cover pan and simmer gently for 10 minutes. Check seasoning. Add coriander and sliced lemon to garnish.

Serve on plain rice or with nan bread. Serves 2-4.

from Claudine Fear, Summer 2010.

Visit <http://testingtasting.blogspot.com> for more of Claudine's recipes.