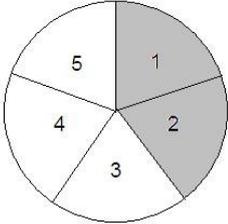


# Chick Pea, Spinach & Mushroom Balti

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 medium	chopped
garlic	2-3 cloves	crushed
balti paste	2 heaped dessertspoons	
chick peas	1 can (400g/ 14oz)	washed and drained
fresh or frozen spinach	6 handfuls or 6 blocks if frozen	if fresh, washed and chopped
mushrooms	10 medium	sliced
chopped <i>or</i> plum tomatoes	1 can (400g/ 14oz)	
fresh coriander (optional)	1 large handful	washed and torn

**Please Turn Over**



## Method

- 1 Put the oil in a large, non-stick frying pan or wok and heat.
- 2 Add the onion and gently fry until soft then add the garlic (use more or less according to taste).
- 3 Add the balti paste (always take paste from the bottom of the jar to avoid excess oil) and fry for one minute.
- 4 Add the chickpeas, spinach, mushrooms and canned tomatoes.
- 5 Mix and bring to the boil, then simmer slowly on a low heat for approximately 20 minutes.
- 6 Wash the coriander; roughly break up the leaves with your hands and mix into the balti, then serve.

85 calories		Per serving
<b>Fat</b>	LOW	3.0g
<b>Saturates</b>	LOW	0.2g
<b>Sugars</b>	LOW	2.8g
<b>Salt</b>	MEDIUM	0.5g

■ HIGH  
 ■ MEDIUM  
 ■ LOW

## Handy Hints

- For chicken balti, add some chopped chicken breast with the onions and fry until lightly browned. However, using meat will increase the fat and calorie content of the dish.
- Some curry pastes are preserved in vegetable oil. Try and drain away the oil before adding to the curry.
- Pastes go a lot further and are cheaper than buying a jar of sauce every time you want to make a curry dish.
- Serve with rice or naan bread.

