

POTATOES, SPINACH AND CHICKPEAS WITH CUMIN

Recipe by Catherine at the Workplace Health service (UA)



Ingredients

pour 1 person

- 1 small chopped onion
- 1 tsp. olive oil
- 1 peeled garlic clove, mashed (optional)
- 1/2 tsp. cumin seeds
- 1/4 tsp. of curcuma
- 3 peeled potatoes cut into cubes
- 100g. fresh or frozen spinach (pre-defrosted)
- 100g. canned chickpeas, drained and rinsed

Preparation:

In a frying pan or pot, fry the onion for 5 minutes, add the cumin and the mashed garlic.

After 3 minutes, add the potato cubes and the spinach.

Mix all the ingredients, cover with a lid, and let simmer gently for 7 to 8 minutes, until the potatoes are cooked.

Add the chickpeas, reheat, check and adjust the seasoning.

Chef's tip: serve with plain yoghurt mixed with coriander leaves, parsley, or diced tomatoes.

+ more recipes:

- the Sumppps culinary blog (in French): blog.univ-angers.fr/sumppps
- the youtube channel « Asso DPSP » (1 new video in French each day)