

## Curried Rice with Spinach

This simple rice dish is a useful backup – it needs practically no preparation and uses store cupboard ingredients and, more importantly, is really tasty.

Serves 4

### Ingredients

1 tbsp sunflower oil  
2 [garlic cloves](#), crushed  
2 tbsp medium curry paste (Madras is a good one to use)  
250g basmati rice, rinsed  
450ml vegetable stock  
400g can chickpeas, drained and rinsed  
handful of raisins  
150g fresh [spinach](#)  
handful of [cashew](#) nuts  
natural yogurt to serve, optional

### Method

1. Heat the oil in a large nonstick pan that has a lid, then fry the garlic and curry paste over a medium heat for 1 minute, until it smells toasty.
2. Tip the rice into the pan with the stock, chickpeas and raisins and stir with a fork to stop the rice from clumping.
3. Season with salt and pepper, then cover and bring to the boil.
4. Reduce to a medium heat and cook for 12-15 minutes or until all the liquid has been absorbed and the rice is tender.
5. Add the spinach along with 2 tbsp of hot water and fluff up the rice with a fork, making sure the spinach is mixed in well.
6. Toss in the cashews.
7. Serve drizzled with natural yogurt if you like.