

Health and Wellbeing

Partnership

The Health & Wellbeing Partnership aims to reduce health inequalities in Nottingham - so that no one is disadvantaged by who they are or where they live.

One of the ways we do this is by working with local agencies and organisations to:

- promote physical activity
- provide healthy eating advice
- support people who want to quit smoking

**Be healthy,
feel good,
live longer**

To find out how to improve your health and wellbeing please visit www.getmovingnottingham.nhs.uk

ONE
NOTTINGHAM



Just Eat More
(fruit & veg)

NHS

NHS Nottingham City
Nottingham Community Nutrition and Dietetics Service

Spicy Spinach and chickpeas

Serves 4
Preparation
time 10 mins
Cooking time
30 mins



What to do

1. Heat the oil in a large saucepan, add the onion and garlic and cook for 3-4 minutes until softened.
2. Stir in the curry powder, ground ginger and 3 dessertspoons of water and cook for 2 minutes.
3. Add the courgette and cook for 5 minutes.
4. Add the spinach, chickpeas and tinned tomatoes. Stir well and cook over a moderate heat with the lid on for 15 minutes.
5. Add tomato puree and black pepper to taste.

Ingredients

- 1 dessertspoon vegetable oil
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- 3 dessertspoons water
- 1 courgette, chopped
- 2 dessertspoons tomato puree
- 8 oz (225g) spinach, fresh or frozen
- 1 large tin chickpeas, drained
- 1 large tin tomatoes
- Black pepper

Serve with:
White or
brown rice,
warm pitta
bread and
salad.

A serving gives you 3 of
your 5 A Day portions.

Recipe produced by the Public Health Nutrition Team. Free cook and eat groups are available for those aged 40+ interested in healthy eating on a budget and developing cooking skills. Call **0115 883 4291** for further details.