

# 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](http://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.

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

## 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

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.