

CURRIED CHICKPEA & SPINACH LOADED SKINS



Ingredients (Serves 4)

- 2 tbsp vegetable oil
- 1 large onion, sliced
- 5cm piece root ginger, peeled and grated
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 200ml vegetable stock
- 1 (400g) can chick peas, drained
- 150g baby spinach leaves, roughly chopped
- 1 tbsp mango chutney
- Squeeze of lemon juice
- Salt and pepper
- 12 Aviko 1/2 potato skins
- To serve: crispy onions and chopped coriander

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Method

1. Heat oil in a medium pan, add onions and sauté for 6 minutes until soft and golden. Add the ginger, garlic and curry paste and cook for 1 minute.
2. Add the stock and chick peas and season well. Bring to the boil, then simmer uncovered for 15 minutes or until thickened.
3. Add the spinach leaves and stir well until wilted. Add the mango chutney then add lemon juice and seasoning to taste.
4. Cook the potatoes according to pack instructions. Spoon the mixture into half potato skins - allow 3 per person - finish with crispy onions and chopped fresh coriander.



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