



Crazy Creamy Chickpea Curry

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

6

Description

Coconut milk adds creaminess to this vegan dish while enhancing the spicier notes

Ingredients

- - 1 tablespoon coconut oil - 1 medium yellow onion
- thinly sliced - 1 tablespoon minced fresh ginger root - 4 cloves garlic
- minced - 2 tablespoons mild curry powder - $\frac{1}{4}$ teaspoon red pepper flakes - 2 $\frac{1}{2}$ cups vegetable broth - 2 tablespoons reduced-sodium soy sauce or tamari - 2 tablespoons pure maple syrup - 2 tablespoons tomato paste - $\frac{3}{4}$ pound Yukon Gold potatoes
- cut into 3/4-inch pieces - 1 large carrot
- sliced diagonally 1/4 inch thick - 4 cups large cauliflower florets - 1 (15 ounce) can chickpeas
- rinsed and drained - 1 cup coconut milk - $\frac{1}{4}$ cup chopped fresh cilantro
- plus more for garnish - $\frac{1}{2}$ cup frozen peas - Salt to taste - Cooked basmati rice - 1 tablespoon Sriracha chile sauce

Instructions

1. Melt coconut oil in a heavy 4-quart pot over medium heat. Saute onion until lightly browned
2. 5 to 7 minutes. Add ginger and garlic and saute until fragrant
3. about 30 seconds. Add curry powder
4. pepper flakes
5. broth
6. soy sauce
7. maple syrup
8. and tomato paste and stir. Add potatoes and carrot
9. cover pot
10. and bring to a boil. Immediately reduce heat to a simmer and leave lid ajar. Cook just until potatoes are tender
11. about 10 minutes. Add cauliflower
12. chickpeas
13. coconut milk
14. and cilantro. Stir gently to incorporate. Return to simmer with lid ajar and simmer just until cauliflower is tender
15. 5 to 7 minutes. Fold in peas and cook until heated through
16. about 1 minute. Remove from heat and season with salt
17. if needed. Serve with steamed basmati rice and
18. for those who'd like more heat
19. sriracha sauce. Garnish with cilantro.