



# Chickpea Coconut Curry

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 25 MINS

## INGREDIENTS

- 1 tbsp. olive oil
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 tbsp. fresh ginger, grated
- 1 cup broccoli florets
- 1/2 cup carrots, diced
- 1/2 cup tomato, diced
- 1/2 cup snow peas
- 1 15.5 oz. can chickpeas, rinsed and drained
- 1 1/2 tbsp. curry powder
- 1/2 tsp. cayenne pepper (optional for heat)
- 2 14 oz. cans light coconut milk
- 1 cup low sodium vegetable broth
- 1 tbsp. honey

## DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the diced onion to the skillet and sauté until it becomes translucent, about 3-4 minutes. Stir in the minced garlic and grated ginger, cooking for an additional minute until fragrant.
2. Incorporate the broccoli, carrots into the skillet. Stir and cook for about 5 minutes, allowing the vegetables to soften slightly.
3. Add in the tomatoes, snow peas, and chickpeas. Stir in the curry spice, cayenne, and honey. Add the coconut milk and broth to the skillet, stirring to combine everything thoroughly. Bring to a simmer then reduce the heat slightly and continue cooking for about 10 minutes.
4. Once cooked, remove the skillet from heat. Garnish the curry with fresh basil or cilantro leaves and a squeeze of lime juice. Serve hot over cooked rice or noodles, accompanied by additional lime wedges if desired.

## NUTRITION

Serving size: 1.5 cups  
(per serving) 350 calories, 20g fat, 11g saturated fat, 5mg cholesterol, 240mg sodium, 31g carbohydrate, 7g fiber, 14g sugar, 8g protein