



Creamy Cauliflower Chickpea Curry

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 30 MINS

INGREDIENTS

1 tbsp. olive oil
 1 red onion, finely chopped
 4 garlic cloves, minced
 1 inch fresh ginger, grated
 1 tbsp. curry powder, medium
 1 tsp. ground cumin
 1/2 tsp. garam masala
 1/4 tsp. ground turmeric
 1/4 tsp. chilli powder
 14.5 oz. canned diced tomatoes
 1 tbsp. tomato puree
 200ml reduced-fat coconut milk
 1 cup low-sodium vegetable stock
 1 medium cauliflower, chopped
 2-15.5 oz. cans chickpeas, drained

DIRECTIONS

1. Heat 1 tbsp. of oil in a large pan on medium heat.
2. Add to the pan the onion and cook for a few minutes. Then add the minced garlic and grated ginger. Cook for another minute and stir to prevent burning.
3. Next add the spices, curry powder, cumin, garam masala, turmeric, and chili powder. Cook for a minute until fragrant.
4. Next, add the chopped tomatoes and tomato puree. Stir and let cook for another minute.
5. Add the mixture into a blender or food processor and blend until smooth. Then return back to the pan on a low simmer.
6. Next add the coconut milk, vegetable stock, and chopped cauliflower. Bring to a simmer for 10 minutes then add the chickpea and cook for another 15 minutes.
7. The cauliflower should be soft but still have a bit of bite, cook for longer if you prefer it softer.
8. Garnish with some fresh coriander and coconut milk and serve with brown rice or quinoa.

NUTRITION

Serving size: 2 3/4 cup
 (per serving) 422.6 calories, 14g fat, 4.3g saturated fat, 0mg cholesterol,
 571.7mg sodium, 62.3g carbohydrate, 18.6g fiber, 15.1g sugar, 18.3g protein