

Recipe

CAULIFLOWER CHICKPEA COCONUT CURRY



► Vegan, gluten-free, soy-free, refined sugar-free, nut-free

Yield: 6 cups curry, 3 cups rice (6 servings)

Prep Time: 15 min

Cook Time: 1 hr

Total Time: 1 hr 15 min

INGREDIENTS: THE CURRY

1/2 Tbsp vegetable oil
 1 medium onion, chopped
 3 cloves garlic, minces
 1 green chilli pepper, minced (optional)
 1.5 Tbsp grated ginger (~2" piece before grating)
 3 tomatoes, chopped
 1 Tbsp curry
 1/2 Tbsp garam masala
 1/2 Tbsp ground turmeric
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp cinnamon
 1 tsp salt
 1 medium potato, chopped into 1cm squares
 2 cups water
 1 head cauliflower, chopped into 1cm pieces
 1 can coconut milk
 1.5 cups cooked chickpeas (0.5 cup if cooked from dry, or ~1 can)

INGREDIENTS: THE RICE

1 cup basmati rice
 3 cups water
 5 cardamom pods, split in half (optional)
 1/8 tsp saffron (optional)

DIRECTIONS: THE CURRY

1. Sauté onions in oil on medium-high heat, adding 2 Tbsp water every 2 minutes to de-glaze the pan while stirring until lightly brown.
2. Add the garlic, chilli pepper and ginger to the pot. Cook for 2 minutes.
3. Add the tomatoes and all the spices, stirring to combine and cook for 5 minutes or until the mixture turns into a textured paste.
4. Add the potato and 2 cups water to the pot. Partially cover and bring to boil, then reduce to medium heat and allow the contents to simmer for 15 minutes.
5. Add the cauliflower to the pot, partially cover and allow the contents to continue simmering for another 15 minutes.
6. Add the chickpeas and coconut milk to the pot. Uncover and allow the entire dish to simmer on the stove for 20-30 minutes, allowing the water to evaporate and for the curry to become thicker in consistency.

DIRECTIONS: THE RICE

1. Add the rice, water, and cardamom to a pot on medium-high heat. Cover, bring to a boil, then reduce to a simmer for 10-15 minutes.
 2. The rice is ready when it's al dente and all the water has been absorbed.
 3. Serve the rice separately with some cardamom pods or saffron sprinkled on top for garnish. Otherwise serve 1 cup curry beside or on top of 1/2 cup of rice.
- Enjoy!

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