

Recipe

SPINACH, MUSHROOM & CHICKPEA COCONUT CURRY



▶ Vegan, gluten-free, refined sugar-free, one-pot, nut-free

- ▶ **Yield:** 3-4 servings
- ▶ **Prep Time:** 5-7 min
- ▶ **Cook Time:** 5-10 min
- ▶ **Total Time:** 15 min

INGREDIENTS

2 tsp (10 ml) oil
1 medium yellow or red onion, finely chopped
3 cloves garlic, minced
1 thumb sized piece of ginger, peeled, minced

2 cups (480 g) cooked chickpeas*
1.5 cups (250 g) mushrooms, thinly sliced (about 15 small mushrooms)
1 Tbsp (7g) curry powder
1/2 tsp paprika powder

1 can (400 ml) coconut milk (we used full-fat)
1 red bell pepper, cut into thin slices
4 handfuls (about 100 g) baby spinach
10-15 cherry tomatoes, sliced
Salt and pepper to taste

OPTIONAL GARNISHES

Lemon wedges
Cilantro
Chilli flakes

DIRECTIONS

1. Add oil, onion, garlic, ginger to a large pot on high heat and sauté for 3 minutes. Add splashes of water to prevent burning, and to deglaze the pot as needed.
2. Add the chickpeas and mushrooms to the pot and cook for 5 minutes. Add the curry and paprika powders and sauté for one minute longer.
3. Add the coconut milk, bell peppers, salt and pepper, and cook for another 5 minutes.
4. Add the spinach and tomatoes at the end, stir, and remove from heat. Serve with rice or naan, and garnish with chilli flakes and lemon wedges. Enjoy!

NOTES

1. *If cooking from dry beans, this is about 1 cup dry beans. If using canned chickpeas, this is the amount in a 500 g can. If using canned chickpeas, be sure to rinse first. Canned chickpeas are high in salt, so taste test and add this salt at the end in the amount desired.
2. **Variations:** use a combination of chickpeas and lentils, add potato or sweet potato.
3. **Storage:** store in an air-tight container in the fridge for up to 3 days.
4. **Speed it up:** if you are serving with red or brown rice, soak the grains overnight to make next day cooking faster.

SADIA BADIEI

Hungry for more? Visit www.pickuplimes.com