

CAULIFLOWER & CHICKPEA CURRY



Ingredients

- 1 tbsp olive oil or coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch piece of fresh ginger, minced or grated
- 1 tbsp curry powder
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp ground cinnamon (optional for extra depth of flavour)
- 1 medium cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed (or 1½ cups cooked chickpeas)
- 1 can (14 oz) diced tomatoes (or 2 cups fresh tomatoes, chopped)
- 1 can (14 oz) coconut milk (full-fat or light)
- 1 cup vegetable broth (or water)
- 1–2 tsp maple syrup (optional, to balance acidity)
- salt and pepper to taste
- 1–2 handfuls fresh spinach or kale (optional, for added greens)
- fresh cilantro, chopped (for garnish)
- cooked rice (brown rice, jasmine rice, or basmati), for serving
- Optional: Add chili for heat, lemon/lime juice to refresh taste and/or nuts for crunch.

Instructions

1. **Cook the Aromatics:** In a large pot or deep skillet, heat the olive oil (or coconut oil) over medium heat. Add the chopped onion and cook for 5–7 minutes until soft and golden brown. Add the minced garlic and ginger, cooking for another 1–2 minutes until fragrant.
2. **Add Spices:** Stir in the curry powder, turmeric, cumin, and cinnamon (if using). Cook for 1–2 minutes to toast the spices, releasing their aroma.
3. **Add Cauliflower and Chickpeas:** Add the cauliflower florets and chickpeas to the pot, stirring well to coat with the spices. Cook for about 3–4 minutes, allowing the cauliflower to absorb the flavours.
4. **Simmer the Curry:** Pour in the diced tomatoes (with their juices), coconut milk, and vegetable broth. Stir everything together. Bring the mixture to a simmer, then reduce the heat and cover the pot. Let it cook for 20–25 minutes, or until the cauliflower is tender and the flavours have melded.
5. **Final Adjustments:** Taste the curry and adjust with salt, pepper, and maple syrup (if needed) to balance the flavours. If you're adding greens, stir in the spinach or kale and cook for another 2–3 minutes until wilted.
6. **Serve or Store:** Serve the curry over cooked rice for a complete meal. Garnish with fresh cilantro. Store any leftovers in an airtight container in the fridge for up to 4–5 days. This curry also freezes well for up to 2 months.

