



45 mins



Serves 2



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COCONUT CHICKPEA CURRY

Ingredients:

- 2 cups of cooked rice
- 1 can of chickpeas
- 1 can of coconut milk
- 2 small or 1 medium potato
- 3-5 tsp Curry powder
- 2 tbsp vegetable oil
- 1 small onion, chopped
- Half of a lemon (~2 tbsp juice)
- 2-3 cloves of garlic, minced
- ¼ cup of parsley, chopped
- 1 cup of frozen veg (i.e. carrots, broccoli, cauliflower, peas)

Directions:

1. Cook rice by adding 1 cup of water to ½ cup of uncooked rice. Add together in a pot, heat until boiling, stir and turn heat to low-medium. Allow rice to simmer covered for about 15-20 minutes, until water is absorbed and the rice is fluffy and cooked. If using a rice cooker, add rice, water, plug in and turn on. Remove from heat once done.
2. Sauté garlic, onion and spice in a bit of oil.

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3. Peel and chop up the potatoes and add spice mix. Coat potatoes in the spices.
4. Add chickpeas, tomato, coconut milk into the pot. Simmer to reduce and thicken. Serve over warm rice and garnish with parsley.



Notes

Optional Curry Spice Mix:
2 teaspoons curry powder
 $\frac{3}{4}$ teaspoons paprika
 $\frac{1}{2}$ teaspoon cayenne (less is you prefer less spicy)
1 teaspoons cumin powder
1 teaspoons fresh ginger, minced or $\frac{1}{4}$ - $\frac{1}{2}$ tsp dried
 $\frac{1}{8}$ - $\frac{1}{4}$ tsp nutmeg
 $\frac{1}{4}$ teaspoon black pepper

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