

Cauliflower & Chickpea Coconut Curry

Prep time: 10 mins

Cook time: 30 mins

Yield: 6 servings

Ingredients:

- 2 tablespoons coconut oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1-inch ginger, peeled and minced
- 1 tablespoon garam masala
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 2 (4.5-ounce) cans diced tomatoes
- 1 (14-ounce) can coconut milk
- 1 medium head cauliflower, broken into florets
- Salt and pepper to taste
- ¼ cup chopped cilantro
- Cooked rice or naan for serving

Instructions:

Heat the coconut oil in a large Dutch oven over medium heat. Add onions, garlic and ginger and cook until softened (5-7 mins). Stir in the spices and cook until they're fragrant (about 1 min). Add chickpeas, tomatoes, coconut milk and cauliflower. Increase heat to medium-high and bring to a boil, then reduce to low, cover and simmer for 15 minutes. Uncover and cook 5 minutes more, or until sauce has thickened slightly. Season with salt and pepper to taste and garnish each serving with cilantro.

This is provided to you by your Miramichi Seventh-day Adventist Church (290 Dalton ave)
For more information about our activities, please call or visit our website or Facebook page.

Tel: (506) 624-9872

Facebook: @miramichisda

Web: miramichichurch.adventsites.net

