



# Coconut Chickpea Curry (V)

Total Time: 35 Mins | Serves: 4 people

Recipe adapted from: <https://minimalistbaker.com/coconut-red-curry-with-chickpeas/>



## Ingredients

- 3 tbsp cooking oil
- 1.5 cups cooked brown rice
- 2 cloves garlic, minced
- 1 onion, finely diced
- 1 cup water
- 1 cup coconut milk
- 2- 15 oz cans of chick peas, drained and rinsed
- 3 tbsp red curry paste
- 3 carrots, peeled and sliced into 1/4" rounds
- 2 bell peppers, diced
- *\*\*Option to add in other vegetables, as available! We recommend carrots or eggplant.*

## Instructions

1. Prepare brown rice according to package instructions.
2. Heat the oil in a large pot over medium high heat. Add the diced onions and minced garlic and sauté for a few minutes, until soft and fragrant. Add the sliced carrots and diced peppers. Sauté for an additional 3-5 minutes, stirring constantly.
4. Stir in the coconut milk, red curry paste, water and chickpeas. Cover and bring the mixture to a slow simmer for 25 minutes or until slightly thickened. Adjust seasonings, to taste.
5. Serve hot over brown rice and ENJOY!