

Coconut Chickpea Curry

35 MIN • SERVES 4 • VEGAN

INGREDIENTS

- 1 tablespoon avocado oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 red bell pepper, sliced
- 1 zucchini, chopped
- 1 can chickpeas, drained and rinsed
- 1 can full-fat coconut milk
- 1 cup crushed tomatoes
- 2 tablespoons red curry paste
- 2 cups baby spinach
- 1 lime, juiced
- Fresh cilantro, for garnish
- Cooked jasmine rice, for serving

DIRECTIONS

- 1 Heat avocado oil in a large skillet or saucepan over medium heat. Sauté onion, garlic, and ginger for 2–3 minutes until fragrant.
- 2 Add bell pepper and zucchini and cook for 4–5 minutes, stirring occasionally.
- 3 Stir in chickpeas, coconut milk, crushed tomatoes, and red curry paste. Simmer for 10–12 minutes.
- 4 Fold in spinach and lime juice and cook until the spinach is wilted.
- 5 Serve over jasmine rice and garnish with fresh cilantro.

