

Chickpea Coconut Curry

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1/2 large yellow onion, thinly sliced
- 2-3 garlic cloves, finely chopped
- 2-4 tbsp coconut oil
- 2 tbsp curry powder
- 1/2 tsp sea salt
- 1 large sweet potato, peeled and cut into cubes
- 1 tbsp dried oregano
- 1/2 of a cauliflower head, chopped into bite-size pieces
- 1/2 head green cabbage, roughly chopped or sliced into ribbons
- 2 cans (398mL) organic BPA-free chickpeas, rinsed and drained
- 5 cups vegetable stock
- 1 can (400mL) full-fat coconut milk
- Optional: 1 tsp red hot chili flakes
- Juice from 1 lime
- Garnish: Fresh cilantro
- To thicken: 2 tbsp arrowroot powder + 4 tbsp water

Instructions:

1. In a large soup pot, heat coconut oil to medium. Add onions and garlic and saute for a few minutes. Add 1 tbsp of the curry powder and sea salt. If the pan starts to get dry add a bit more coconut oil or a splash of water.
2. Next add chopped sweet potato and continue to saute for a few more minutes. Add the oregano. Add half of the stock to help the sweet potato cook. Bring the temp up a bit to let it simmer for about 5-10 minutes to cook the sweet potato.
3. Reduce temp and add the cauliflower, cabbage and chickpeas. Add remaining stock, curry powder and pepper. Add lime juice. Let curry cook for another 10 minutes for all the flavours to mingle and the veggies to become tender.
4. If you want to thicken this curry, add 2 tbsp arrowroot flour to 4 tbsp of water in a small bowl. Whisk together. Add to pot and let simmer for 5 minutes. If you still want it thicken, repeat the same instructions until desired thickness.
5. Finally, let cool slightly and then add can of full fat coconut milk. If you add it when the curry is really hot, the coconut milk will curdle.
6. Traditionally curries are served with rice, so you can serve it with any grain of your choosing or not, up to you! Once you serve it into a bowl, add some chopped fresh cilantro. You may also wish to spice it up and add some red chili flakes.

Notes:

Serves 6 to 8