

# Chickpea Curry



SERVES 4

## Ingredients

1 can of chickpeas (425g)	1/2 tsp fresh ginger
1/4 cup lite coconut milk	1 tsp cumin
1 onion	1 tsp turmeric
1tbl fresh coriander	1 tsp garam masala
4 tomatoes	1 cauliflower
1 knob garlic	

## Instructions

*Drain and rinse chickpeas in a colander until the water runs clear. Chop onion. Roughly chop ginger. Mince garlic. Chop tomatoes up small. Place onion, ginger, garlic and tomatoes into a food processor and process until smooth. In a non-stick pan add 1 tbl water along with turmeric, cumin, garam masala and fry off for a few minutes then add in tomato mixture and mix well and simmer for around 20 minutes.*

*Then add in chickpeas, coconut milk and coriander leaves and heat through for 5 minutes. In a food process add in cauliflower florets and process until it becomes rice like, add cauliflower into a pan along with 1 tbl spoon of water, heat cauliflower rice until it has warmed through. Place 1-2 cups of cauliflower into a bowl then top with curry.*

*NB. Feel free to add in some chilli powder to increase the spice of the dish.*



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