

# Fragrant chickpea curry



**DYNAMIX**  
HEALTH & FITNESS

1 tbsp coconut oil  
½ a medium-sized red or white onion, finely sliced  
4 cloves garlic, finely chopped  
1 thumb-sized piece fresh ginger, finely chopped  
1 green chilli pepper, chopped  
50g Thai red or yellow curry paste  
150ml coconut milk  
100ml recently boiled water  
1 tsp ground turmeric  
1 tsp curry powder  
½ tsp ground coriander  
½ tsp ground cinnamon  
200g cauliflower, cut into florets  
100g tinned chickpeas, rinsed and drained

## for the salad:

100g mixed lettuce leaves  
a large handful of fresh coriander  
½ a ripe avocado, finely sliced

## to serve:

lime wedges

Heat the coconut oil in a large saucepan over a medium heat. Add the onion and sauté for 2 minutes, stirring occasionally.

Add the garlic, ginger and chilli pepper. Sauté for 2-3 minutes, stirring frequently.

Add the Thai curry paste, coconut milk, boiled water and dried spices. Simmer over a medium heat for 5 minutes.

Add the cauliflower and reduce heat to medium / low. Cover and cook for 10 minutes, stirring occasionally.

Add the chickpeas, stir and cook for 2 minutes to heat through.

Meanwhile, assemble the salad ingredients. Spoon the curry over the centre of the salad and serve with lime wedges.

*Store any leftover curry in an airtight container and refrigerate for up to 3 days or freeze on same day.*

**SERVES 2**

PER SERVING:  
419 Calories  
**34g Carbs**  
**10g Protein**  
**27g Fat**

