Cauliflower Chickpea Curry

SERVINGS: 4   PREPPING TIME: 5 MIN   COOKING TIME: 15 MIN

Ingredients

- ½ a cauliflower
- 1-2 Tbs coconut oil
- 2 Tbs good quality Thai curry paste (yellow or green)
- 5 cm piece of ginger, grated finely (if using)
- 1 clove of garlic, finely chopped (if using)
- 1 x 400 g tin of coconut milk
- 1 x 400 g tin of chickpeas
- 1-2 cups of leafy greens (baby spinach, chopped kale)
- 1 cup basmati rice
- Handful fresh coriander

Directions

1. Remove the outer leaves from the cauliflower, then slice it 1cm thick and put it on a griddle pan, turning when lightly charred.
2. Cook 1 cup of rice per instructions or rice cooker.

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3. Pour 1-2 tablespoons of coconut oil into a pan, then quickly stir in the curry paste. Add fresh grated ginger and chopped garlic if using. Stir for 2 minutes or until it becomes fragrant.

4. Pour in the coconut milk, drain and add the chickpeas.

5. Add the griddled cauliflower, cover, turn the heat up to high and bring to the boil.

6. Add leafy greens (baby spinach or kale) to the curry, season to taste. Sprinkle over the coriander leaves and serve with rice.