



Coconut Curry Chickpea and Cauliflower with Spinach

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

235.3 calories, 36.1 g carbohydrate, 8.69 g fiber, 27.41 g NET carbs, 9.03 g protein, 7.62 g fat

Ingredients

- 1 clove organic garlic, chopped
- 1 cup chopped organic onion
- 1 Tbsp organic lemon juice
- 1 16-oz can organic chickpeas, rinsed and drained
- 4 cup(s) organic cauliflower florets
- 1/2 cup(s) organic coconut milk
- 2 tsp(s) organic curry powder
- 2 cup(s) organic spinach

Preparation

1. In a large non-stick skillet, heat 1 tablespoon coconut milk over medium-high heat. When liquid starts to bubble, stir in onion and garlic. Sauté until onion is translucent, about 4 minutes.
2. Stir in curry powder, cooking until fragrant, about 30 seconds. Add remaining coconut milk.
3. Add cauliflower and chickpeas. Cover, reduce heat and simmer 6 to 8 minutes or until vegetables are almost tender.
4. Mix in lemon juice and spinach. Season to taste with salt and pepper.

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