

East Indian Curried Vegetables with Chickpeas

1 cauliflower, cubed	1 Tbsp coconut butter
1 can coconut milk	1 – 3 potatoes, cubed
1 cup onions, diced	2 cups spinach, chopped
1 cup frozen peas	1-3 Tbsp Red Curry Paste, mild-hot
½ -1 can chickpeas, drained	

Scrub the potatoes, rinse the cauliflower and trim away any blemished areas. Cut into bite-size cubes and place into a steamer basket. Fill the bottom of steamer with two inches of water and set to boil over high heat. Once boiling, lower heat to high simmer and allow to cook for 12-15 minutes. Once veggies are tender, remove steamer from heat and place into kitchen sink. Rinse with cold water (blanche) for a few minutes until cooked vegetables are cooled down. This will slow down the cooking process.

While vegetables are steaming, melt coconut butter over medium-high heat in a frying pan. Add the onions to the pan once butter is hot. Sauté until golden, stir in the curry paste and lower heat to a simmer. Pour in the coconut milk and allow sauce to reduce over very low heat for 10 - 12 minutes. Once sauce is thickened somewhat, remove pan from heat, stir in the chopped spinach and peas cover with fitted lid and allow to stand for a few minutes. The heat from the sauce will wilt the spinach without overcooking it.

Once you are ready to assemble the meal, fold the curried sauce into the steamed vegetables add the chickpeas and serve hot. Best served with fragrant, organic brown basmati rice. This recipe makes 6 - 8 servings. Any leftovers will freeze well in sealed containers. To reheat, place into a casserole dish with 2 - 3 Tbsp of water and transfer into a 250 degree oven for 18 - 20 minutes until evenly warmed through. Garnish with sesame seeds or chopped cilantro.