

Curry Loaded Baked Potatoes



TOTAL TIME

1 hr

COURSE
DinnerSERVINGS
4 servingsCALORIES
462 kcal

INGREDIENTS

- 2 large russet potatoes 1lb each
- 2 tsp extra virgin olive oil
- Sea salt for sprinkling to taste
- 2 Tbsp olive oil
- 4 cloves garlic minced
- 3½ c cooked chickpeas (or 2 15oz cans of chickpeas, drained & rinsed)
- 1 c full-fat coconut milk
- 2 Tbsp curry powder
- chopped fresh cilantro optional
- coconut flakes

INSTRUCTIONS

1. Preheat the oven to 400°F. Slice the potatoes in half lengthwise, and coat them with the olive oil using a brush or your hands. Add a sprinkle of sea salt. Place the potatoes cut-side down a baking sheet.
2. Bake until the potatoes are tender when pierced with a fork, 30 to 40 minutes, depending on the size of the potato.
3. Heat a medium saucepan over medium-low heat. Add the olive oil followed by the minced garlic. Cook the garlic for a minute, just until fragrant. Stir in the chickpeas, coconut milk, curry

- powder, and a pinch of sea salt.
4. Simmer the chickpeas until hot and the coconut milk has reduced slightly, 4 to 5 minutes. If the sauce is too thick, add another splash of coconut milk or water, as needed.
 5. Place half a potato on a plate and mash slightly to create room for the chickpeas to rest inside. Top with the chickpeas and sprinkle with the cilantro and toasted coconut flakes.

NUTRITION

Nutrition Facts

Curry Loaded Baked Potatoes

Amount Per Serving

Calories	462	Calories from Fat	180
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		% Daily Value*	
Fat	20g	31%	
Carbohydrates	58g	19%	
Protein	16g	32%	

* Percent Daily Values are based on a 2000 calorie diet.

KEYWORD
gluten free

Tried this recipe?

Let us know how it was!