



Cauliflower and Chickpea Coconut Curry

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This Cauliflower and Chickpea Coconut Curry is pure comfort in every bite! The mouth-watering sauce is made with tomatoes, garlic, onions, ginger, serrano peppers, curry powder, and coconut milk. It's a little spicy and zesty with a hint of sweetness!

Course	Dinner
Cuisine	Gluten-Free, Indian, Vegan
Prep Time	20 minutes
Cook Time	20 minutes
Total Time	40 minutes
Servings	4 People
Calories	298kcal
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Ingredients

- 1 large cauliflower , cut into bite-sized florets
- 2 tablespoons grapeseed oil , or preferred oil (plus more for roasting)
- 1/2 medium red onion , diced (sub yellow onion)
- 1 small serrano pepper , sliced (sub jalapeño or 1/2 tsp red pepper flakes)
- 4 cloves garlic , minced or chopped
- 1 tablespoon fresh ginger , grated (sub frozen or paste)
- 1 tablespoon curry powder , more if desired
- 1 14 ounce can diced tomatoes
- 2-3 teaspoons agave nectar (or any sweetener)
- 1 14 ounce can coconut milk , full-fat
- 1 15 ounce can chickpeas , rinsed and drained well
- 1 lime , juiced
- 1/3 cup cilantro , chopped (more for serving)
- 3/4 teaspoon salt , more to taste (more for roasting)
- Fresh cracked pepper , to taste

For Serving (Optional)

- Naan
- Rice (about 3 cups cooked)

Instructions

1. Preheat oven to 450° F (230° C). Place cauliflower florets on a rimmed baking sheet. Drizzle with oil and lightly sprinkle with salt and pepper to taste. Combine together with your hands.

Roast for **15-20 minutes** until tender and lightly browned. Toss halfway.

2. To make the curry sauce (***I usually start this after the cauliflower has been roasting for 5 minutes***). In a large pan, heat oil over medium heat. Add onions and sauté until translucent, about **2-3 minutes**. Now add serrano peppers and sauté for **1-2 minutes** until slightly softened.
3. Add garlic and ginger and sauté for **1 minute** until fragrant. Now add the curry powder and sauté until fragrant, about **30-60 seconds**.
4. Add diced tomatoes, agave and salt. Cook for **2-3 minutes** to soften and meld flavors. Pour in coconut milk and **lightly** simmer for **3-4 minutes** to reduce (***don't boil - lower heat if needed***).
5. Transfer to a blender and blend on high until smooth (***you can skip blending if you want a chunkier sauce - just simmer a few minutes more to thicken***). Pour back into pan along with chickpeas and lime juice. Gently simmer to warm throughout and soften chickpeas.
6. Now add roasted cauliflower and gently toss to combine well (***heat longer if needed***). Taste for seasoning and add more if needed. Remove from heat, sprinkle with cilantro. Top over rice and serve with naan, lime wedges, and cut cilantro if desired. Enjoy!

Notes

Flavor enhancing ideas: 1/2-1 teaspoon cumin, coriander, cinnamon, turmeric. Add to the pan with curry powder.

To make this kid-friendly, you can reduce or omit the peppers.

For more heat, add 1 more small serrano pepper. **To reduce the heat slightly,** you can remove all or some of the serrano pepper seeds. You can also cook the peppers at the same time as the onions to reduce their heat. Also, you can use jalapeños because they have less heat than serrano peppers.

*Nutritional info doesn't include rice or naan.

Nutrition

Calories: 298kcal | Carbohydrates: 19g | Protein: 7g | Fat: 7g | Sodium: 468mg | Potassium: 700mg | Fiber: 5g | Sugar: 8g | Vitamin A: 120IU | Vitamin C: 109.1mg | Calcium: 67mg | Iron: 1.5mg