

Coconut Curry Chickpeas

Servings: 2–3

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients

1 can chickpeas, drained and rinsed (15 oz)
1 cup coconut milk
1 Tbsp curry paste (red or yellow)
1 cup fresh spinach
1 Tbsp oil (coconut or vegetable)
Optional: salt, lime juice, cilantro for garnish

Directions

1. Prepare the base (2 minutes)

Heat 1 tablespoon of oil in a medium pan over medium heat.

Add the curry paste and cook for 1 minute, stirring constantly until fragrant.

2. Simmer the curry (10 minutes)

Add the chickpeas and coconut milk.

Stir well until the curry paste dissolves into the liquid.

Bring to a gentle simmer and cook for 10 minutes, stirring occasionally.

The sauce will thicken slightly and the chickpeas will soften.

3. Add greens (1–2 minutes)

Stir in the spinach and cook 1–2 minutes until wilted and bright green.

4. Taste & serve

Taste and adjust seasoning:

Add salt if needed

Add a squeeze of lime for brightness

Add chili flakes for heat

Serve hot with rice, naan, quinoa, or over baked potatoes.

Notes & Tips

Add veggies like bell peppers, peas, or potatoes.

Use chickpeas straight from the can for speed.