

Spicy Coconut Chickpea Curry

This Spicy Coconut Chickpea Curry is a flavorful and hearty dish packed with protein and vibrant spices. Perfect for a quick meal, it combines creamy coconut milk with tender chickpeas and fresh vegetables for a satisfying experience.



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- 1/2 cup coconut milk
- 1/2 cup diced tomatoes (canned or fresh)
- 1/4 onion, finely chopped
- 1 clove garlic, minced
- 1 tsp ginger, grated
- 1 tsp curry powder
- 1/2 tsp chili flakes (adjust to taste)
- Salt, to taste
- 1 tbsp olive oil
- Fresh cilantro, for garnish

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add chopped onions and sauté until translucent.
- 3 Stir in minced garlic and grated ginger, cooking for another minute.
- 4 Add curry powder and chili flakes, stirring until fragrant.
- 5 Pour in diced tomatoes and cook for 2-3 minutes.
- 6 Add chickpeas and coconut milk, stirring everything together.
- 7 Let it simmer for about 10 minutes, allowing flavors to meld.
- 8 Season with salt to taste and garnish with fresh cilantro before serving.