



Quick Creamy Chickpea Curry

Chickpeas are a fantastic source of vegan protein. Paired with brown rice, this dish offers 'whole protein'. Whole proteins refer to protein that contains all 9 essential amino acids (the building blocks for protein). Some plant proteins are missing all 9 amino acids, but brown rice and chickpeas compliment each other to give a full spectrum.

Ingredients

- Chickpeas
- Coconut Milk
- Curry powder
- Onion
- Brown rice
- Garlic
- Tomato puree
- Ginger
- Spinach
- Ground almonds

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 635 kcal
Carbohydrates: 78.6 g
Protein: 17.5g
Fat: 28.6 g

Allergens


Nuts (Almonds)
Mustard (Curry Powder)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil The Kettle

2) Prepare The Vegetables

Peel and thinly slice the onions. Peel and crush the garlic. Grate, or finely chop 1/2-1 teaspoon of ginger per person.

Drain and rinse the tin of chickpeas and set aside.

3) Boil the rice

Add the rice, boiling water, and a pinch of salt to a saucepan and bring to a simmer. Leave to cook for 20-25 minutes, or until tender. Drain and set aside. Meanwhile....

4) Saute The Vegetables

Add a light drop of oil to a medium saucepan and place on medium heat. Add the onions, sauteing for 3-4 minutes until soft and beginning to caramelize. Next, add the garlic and ginger and saute for a further 30 seconds.

5) Cook the curry

Add the curry powder and tomato puree and allow to cook for 30 seconds in order to let the flavours develop. Now stir in the chickpeas, 50ml of water per person, and coconut milk and bring to a simmer. Leave, uncovered, to cook for 10 minutes.

6) Add the spinach and almonds

After 10 minutes, add in the spinach and ground almonds. Stir until thoroughly combined and the spinach begins to wilt. Season with salt and pepper to taste.

7) Plate the dish

Serve the rice and top with a wholesome portion of your delicious chickpea curry.



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