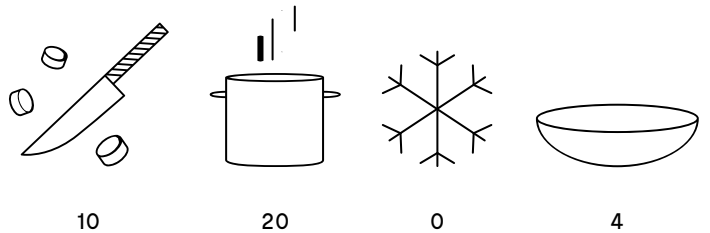




Creamy Vegan Coconut Chickpea Curry

A mid week staple, packed with flavour and protein.



Ingredients

- 2 tsp The Groovy Food Company Organic Virgin Coconut Oil
- 1 large onion diced
- 2 cloves of garlic finely chopped
- 2 tsp garam masala
- Cayenne Pepper to taste
- 1 tbsp curry powder
- 425g of chickpeas drained
- 425g chopped tomatoes
- 380g The Groovy Food Company Coconut Cream
- 2-3 tsp The Groovy Food Company Agave Nectar
- Salt to season

Directions

1. Heat coconut oil in a large pan over medium heat. Add the onion and sauté until translucent, about 10 minutes. Add garlic and cook for approx 1 min, stirring constantly, until fragrant,
2. Add the spices and cook, stirring constantly, until fragrant, about 1-2 minutes.
3. Add the drained chickpeas and chopped tomatoes and simmer 5 minutes.
4. Add in the coconut cream, agave nectar maple flavour, and a big pinch of salt.
5. Simmer 5 minutes.
6. Stir in the lime juice and coriander.
7. Serve over rice

1-2 limes juiced

Handful of coriander chopped