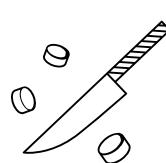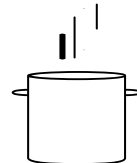# Creamy Vegan Coconut Chickpea Curry
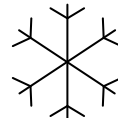
A mid week staple, packed with flavour and protein.

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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