



FAST. EASY. FRESH.

# CAULIFLOWER AND CHICKPEA RED CURRY WITH RICE AND NAAN

**1.** Start by cooking your **rice**. Place your rice, 1 ½ cups of water and a pinch of **salt** in a small pot. Bring to a boil, then turn down to a simmer, cover, and cook for 12-15 minutes or until the water is absorbed. Set aside and keep warm when finished.

**2.** While the rice is cooking, finely dice the **onion** and **pepper**. Peel and mince the **garlic** and drain and rinse the **chickpeas**. Chop the **cauliflower** into small florets. Heat the **oil** sauce pan over medium-high heat. Cook the **onion**, **garlic**, and **ginger** for 2 minutes.

**3.** Add the **red curry paste** and cook until fragrant, stirring, for 3 minutes. Add the diced **pepper** and cook for 1 minute longer.

**4.** Add the **coconut milk** and **diced tomatoes** then bring to a simmer and cook for 5 minutes. Add the **cauliflower** and **chickpeas** and simmer for 10 more minutes. Taste, and season with **salt** and **pepper** as desired.

**5.** To serve, place the rice into bowls and ladle the curry over the rice. Serve with warm **naan**. Enjoy!



## Ingredients (2 Person Serving - 893 Calories Per Serving)

Basmati Rice	¾ Cup	Chickpeas	1 398 ml Can
Olive Oil	2 Tbsp.	Sweet Bell Pepper	1
Yellow Onion	1 Small	Diced Tomatoes	1 398 ml Can
Garlic	2 Cloves	Cauliflower	½ Head
Minced Ginger	20 g	Garlic Naan	2
Red Curry Paste	30 g	Salt and Pepper	To taste
Coconut Milk	1 400 ml Can		

**35** Minute Cook Time!