



FAST. EASY. FRESH.

PEANUT COCONUT CAULIFLOWER CHICKPEA CURRY WITH BASMATI RICE

1. Start by combining your **rice** with 3 ½ cups water and a pinch of **salt**. Bring to a boil, then reduce the heat to low, cover, and simmer for 15-17 minutes, or until all the water is absorbed.

2. Meanwhile, peel and mince the **garlic**. Peel and thinly slice the **carrots**. Chop the **cauliflower** in bite-sized florets. Dice the **green onions**. Drain and rinse the **chickpeas**. De-seed and thinly slice the **sweet bell pepper**.

3. Heat the oil in a large pan or pot over medium-high heat. When hot, add the **garlic** and **ginger** and cook for 30 seconds, then add in the **green onion**, **carrot**, and **cauliflower**. Cook for 3-5 minutes, until the cauliflower begins to turn slightly brown and the green onions soften.

4. Next, add the **coconut milk**, **water**, **curry paste**, **Peanut Sauce Base** (peanut butter, soy sauce, cayenne, and turmeric), and ½ tsp. **salt**, and stir well to combine. Then stir in the **pepper** and **chickpeas**; simmer over medium-low heat for 10 minutes. Taste, and season with **salt** and **pepper** as desired.

5. Stir in the **peas** and simmer for an additional minute to heat through. To serve, portion the **rice** into dishes and top with the curry and chopped **peanuts**. Enjoy!

Ingredients (4 Person Serving – 758 Calories Per Serving)

Canola Oil	1 Tbsp.
Garlic	3 Cloves
Minced Ginger	1 Tbsp.
Carrot	2 Large
Cauliflower	Half a Head
Green Onions	5 Stalks
Coconut Milk	1 400 ml Can
Water	¼ Cup
Red Curry Paste	28 g

Natural Peanut Butter	2 Tbsp.
Soy Sauce	½ Tbsp.
Turmeric	½ tsp.
Cayenne	½ tsp.
Sweet Bell Pepper	1
Chickpeas	1 540 ml Can
Frozen Peas	1 Cup
Peanuts	4 Tbsp.
Basmati Rice	1 ½ Cups
Salt and Pepper	To Taste



30 Minute
Cook
Time!