

Turmeric Cauliflower Chickpea Curry

Ingredients:

Serves 6

1 ½ cups jasmine rice
 ½ tsp oil
 1 large white onion, diced
 1 garlic clove, minced
 1 Tbs fresh grated ginger
 1 large head cauliflower, cut into florets
 15 oz cooked chickpeas
 13 oz unsweetened coconut milk
 1 tsp cumin seeds
 1 Tbs curry powder
 1 tsp cinnamon
 1 tsp turmeric
 1 tsp chili flakes
 ½ tsp salt
 ½ tsp black pepper
 ¾ cup water
 ¾ cup raisins



Directions:

1. Cook rice according to package directions.
2. In a large skillet over medium heat, add the oil and cumin seeds. Toast for 1-2 minute, or until fragrant.
3. Add the onion, ginger and garlic and cook for 3 minutes.
4. Add the curry powder, turmeric, chili flakes, salt, pepper, cauliflower and chickpeas. Continue cooking for 2 minutes.
5. Add the coconut milk, water, cinnamon and raisins. Simmer for 20 minutes, or until cauliflower is tender.

Nutrition Facts

6 servings per container
Serving size 1/2 cup rice & 1.25 cups curry

Amount per serving
Calories **410**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 83g	30%
Dietary Fiber 12g	43%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0.7mcg	4%
Calcium 150mg	10%
Iron 4mg	20%
Potassium 870mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.