



Curried Chickpeas with Cauliflower Rice

Braised chickpeas with cauliflower rice is one of the fastest little meals on the planet. The trick is spicing the cauliflower rice. Simply pulse chopped cauliflower florets in a food processor with cumin and coriander until it looks like rice, and voila!, you have a base for your braised chickpeas—no heat required.

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INGREDIENTS

1 tablespoon coconut oil

1 x 400g tin (1½ cups) chickpeas (garbanzo beans), drained and rinsed

1 tablespoon curry powder

200ml (¾ cup + 1½ tablespoons) coconut milk

½ cauliflower head, cut into chunks

½ teaspoon ground cumin

handful of coriander (cilantro)

50g (1 scant cup) fresh spinach

PREPARATION

1. Heat the coconut oil in a frying pan over a medium-high heat. Add the chickpeas and curry powder, stirring for a few moments, and then pour in the coconut milk. Lower the heat and leave to simmer while you make your cauliflower rice.

2. Place the cauliflower, cumin and coriander in a food processor and pulse until the cauliflower looks like rice, then remove and divide between bowls.

3. Stir the spinach into the chickpea mixture and leave to simmer for 2 minutes, then spoon it over the cauliflower rice. Serves 2.