



## 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.*

## ***Curried Chickpeas with Cauliflower Rice***

### ***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.*