



Chicken, cauliflower and chickpea curry

- 2 to 3 tablespoons coconut oil (olive oil may be substituted)
- 1 medium/large red onion, diced small
- 1 pound boneless skinless chicken breast, diced into bite-sized pieces
- 3 cloves garlic, finely minced or pressed
- 2 to 3 teaspoons ground ginger or 1 tablespoon fresh ginger, finely chopped
- 2 teaspoons ground coriander/ garam masala
- one 15-ounce can chickpeas, drained and rinsed
- 4 to 5 cups cauliflower florets (about 1 small/medium head of cauliflower)
- 1 cup diced carrots
- 1 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- about 3 to 4 cups fresh spinach leaves
- 1 to 2 tablespoons lime juice
- 1/4 to 1/3 cup fresh coriander or to taste, finely chopped for garnishing
- 1 to 2 tablespoons granulated or brown sugar, optional and to taste

Method

1. In a large skillet, heat the oil, onion, chicken, and sauté over medium-high heat until the onion begins to soften and the chicken is cooked through about 5 minutes; stir and flip intermittently to ensure even cooking.
2. Add the garlic, ginger, coriander, and cook for about 1 minute, or until fragrant; stir frequently.
3. Add chickpeas, cauliflower, carrots, curry paste, salt, pepper, stir to combine, reduce the heat to medium or medium-low, cover the skillet, and allow the mixture to steam, or until cauliflower is as tender as desired.
4. Add the spinach, lime juice, coriander, and stir to combine. Cook until the spinach has wilted and is tender, about 1 to 2 minutes.
5. Taste and optionally add the sugar as well as possibly additional curry paste, salt, pepper, etc. to taste. Serve immediately with rice or naan.