

Kale and Chickpea Curry

Recipe and Image from Canada's Food Guide

Ingredients

- 1 can of chickpeas, drained and rinsed
- 1 onion, peeled and sliced
- 3 cups of kale, stems removed and finely chopped
- 1/3 cup of coconut milk
- 1 tablespoon of garlic powder
- 1 teaspoon of coriander
- 1/2 teaspoon of turmeric and cayenne

Tip: This recipe serves 4, takes about 15 minutes to prepare and 25 minutes to cook!



Directions

1. In a cooking pan, heat a small amount of oil on medium heat. Add the sliced onion and saute for about 1 minute, or until onions are soft.
2. Add kale and saute until wilted (about 5 minutes).
3. Add spices (garlic powder, coriander, turmeric and cayenne). Stir to combine and make sure the vegetables are coated in the spices.
4. Open the can of chickpeas, drain excess water and rinse under running water for about 1 minute.
5. Add chickpeas to the pan with 1 cup (250 mL) of water. Cook for about 5 minutes.
6. Add the coconut milk and cook for another 5 minutes then remove from the heat.
7. Serve with rice, quinoa or naan, and enjoy!