

# Cauliflower and Chickpea Curry

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*An easy way to enjoy chickpeas any night of the week this easy Chickpea and Cauliflower Curry takes only minutes to prepare! Enjoy the flavors of zesty Indian cooking any time with the savory taste of cauliflower, chickpeas, and tomatoes in a zesty curry sauce, over tender brown rice. This meal is healthy, easy, and delicious and can be served up for a hearty dinner, and packed up for an exciting lunch the next day!*

## Ingredients:

1 c. uncooked brown rice  
4 c. cauliflower florets  
1 medium onion, chopped  
1 large carrot, diced  
2 cloves garlic, minced  
2 tsp vegetable oil  
2 tsp ginger, minced  
1 ½ tsp curry powder  
½ tsp salt  
1/8 tsp ground cloves  
1 (15 oz) can chickpeas, drained and rinsed  
1 (14.5 oz) can diced tomatoes, undrained  
1 c. fresh peas

## Directions:

1. In small saucepan cook rice according to package directions, set aside to keep warm.
2. In large saucepan cover cauliflower florets with water, and bring to a boil. Reduce heat and simmer 5 minutes or until tender. Drain, and set aside.
3. In large skillet heat oil over medium-high heat. Saute onion and garlic until just tender, apr. 2 minutes. Add carrots, and saute until tender.
4. Add ginger, curry, salt and cloves to pan, and stir to combine. Add chickpeas, tomatoes, peas, and cauliflower, and stir. Cover, and cook 5-10 minutes or until heated through. Serve over rice.

*Author: Catherine Herzog*