

Chickpea Curry with Cauliflower Rice (India)

Category: Dinner | Cuisine: Indian

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

Ingredients:

- 1 cup canned chickpeas, rinsed
- 1 cup cauliflower rice
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 cup light coconut milk
- Salt to taste

Instructions:

1. Heat oil in a pan, sauté onion and garlic until golden.
2. Add spices and cook for 30 seconds.
3. Stir in chickpeas and coconut milk, simmer for 10 minutes.
4. Steam cauliflower rice separately.
5. Serve curry over cauliflower rice.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	330 kcal
Protein	14 g
Carbohydrates	40 g
Fat	10 g
Fiber	9 g

Tips:

- ✓ Use cauliflower rice instead of basmati for fewer calories.
- ✓ Add spinach or kale for more nutrients.