Thai Coconut Chickpea Curry

Ingredients

2 tablespoons vegetable oil

1 onion, diced

3 cloves garlic, minced

1 tablespoon grated ginger

1 red bell pepper, diced

1 yellow bell pepper, diced

1 can (14 oz) chickpeas, drained and rinsed

1 can (14 oz) coconut milk

1 cup vegetable broth

2 tablespoons red curry paste

2 tablespoons soy sauce (or tamari for gluten-free)

2 tablespoons lime juice

1 tablespoon brown sugar

Salt and pepper to taste

Fresh cilantro, chopped, for garnish

Cooked rice or noodles, for serving

1. Heat the vegetable oil in a large skillet or pot over medium heat.
2. Add the diced onion and sauté for 2-3 minutes until translucent.
3. Stir in the minced garlic and grated ginger, and cook for another 1-2 minutes until fragrant.
4. Add the diced red and yellow bell peppers to the skillet and cook for 3-4 minutes until they begin to soften.
5. Add the drained and rinsed chickpeas to the skillet and stir to combine with the vegetables.

6. In a bowl, whisk together the coconut milk, vegetable broth, red curry paste, soy sauce, lime juice, and brown sugar until well combined.

7. Pour the coconut milk mixture into the skillet with the vegetables and chickpeas. Stir to combine.

8. Bring the mixture to a simmer and let it cook for 10-15 minutes, stirring occasionally, until the sauce thickens slightly and the flavours meld together.

9. Season with salt and pepper to taste.

10. Serve the Thai coconut chickpea mixture over cooked rice or noodles.

11. Garnish with chopped fresh cilantro before serving.