Vegan Chickpea Curry

**SERVES**

2

**PREP TIME**

10 MINS

**COOK TIME**

20 MINS

**INGREDIENTS**

- 1 Tbsp oil (vegetable, canola or olive)
- 1 small onion, chopped
- 1 clove garlic,* finely chopped
- 1, 15 oz can chickpeas, drained & rinsed
- 1/2 medium sweet potato, diced small
- 1 1/2 large carrots, sliced into thin rounds
- 1 can (400 ml) coconut milk
- 2 tbsp red Thai curry paste
- 1/4 tsp salt
- 1/4 tsp pepper
- Fresh coriander, chopped (optional)

*Option to substitute 1/8 tsp garlic powder

**DIRECTIONS**

1. Peel and chop onion, aiming for pieces roughly the size of a nickel. Peel and mince (finely chop) garlic. Peel sweet potato and cut into small cubes, roughly the size of a nickel.

2. Heat oil in large sauce pan over medium heat. Once hot (~1 min), add onion and garlic. Cook 2-3 minutes, stirring frequently, or until onion is translucent & fragrant.

3. If serving over rice, now is a good time to start preparing that!

4. Add sweet potatoes and carrots to pan and cook 3 minutes, stirring often.

5. Add curry paste and mix well. Add coconut milk, chickpeas (drained & rinsed), salt and pepper and stir well. Make sure all sweet potato cubes are well submerged in liquid so they cook quickly and evenly.

6. Bring to boil and once boiling reduce heat to constant simmer (medium low). Let simmer uncovered until sweet potato is cooked through and sauce has thickened (15-20 minutes), stirring mid-way through and making sure again all sweet potato pieces are submerged in liquid at all times.

8. Remove from heat and serve, sprinkle with fresh chopped coriander if desired.