



# Thai Red Curry Chickpeas with Coconut Cream

I'm continuing my meat-free streak this week with a delicious Thai red curry chickpeas with coconut cream. It is so comforting and easy to prepare.

4.5 from 2 votes

Course: Dinner Cuisine: Fusion, Thai

Keyword: chickpeas, curry, easy dinner recipe, healthy, vegetarian

Prep Time: 5 minutes Cook Time: 40 minutes Total Time: 45 minutes Servings: 4

Calories: 481kcal Author: Kylie Perrotti

## Equipment

- Large pot
- Skillet

## Ingredients

### Thai Red Curry Chickpeas:

- 2 teaspoons neutral cooking oil
- 1 yellow onion peeled and diced
- 28 ounces chickpeas drained and rinsed
- 3 cups vegetable stock
- 1 teaspoon crushed red pepper more or less to taste
- 1 teaspoon garlic powder or 5 cloves minced garlic
- 3 tablespoons red curry paste
- 15 ounce can fire-roasted diced tomatoes
- 15 ounce can coconut cream divided
- Salt and pepper to taste

## Cauliflower Rice

- 16 ounces cauliflower rice
- 2 tablespoons butter
- 1 teaspoon paprika
- Salt and pepper to taste

### For Serving:

- Microgreens or cilantro

## Instructions

### Start the Red Curry Chickpeas:

1. Heat the neutral cooking oil in a large pot over medium-high heat. Add the diced onion and cook, stirring regularly, for 5-7 minutes until it begins to brown and soften.
2. Add the chickpeas to the pot and season with salt and pepper. Cook for 5 minutes more.
3. Pour in the vegetable stock and season with crushed red pepper and garlic powder. Bring to a boil and then reduce heat and simmer for 10 minutes until the liquid has reduced slightly.

### Finish Cooking the Red Curry Chickpeas:

1. Add the red curry paste to the chickpeas and stir until it is completely incorporated. Add the tomatoes and all but 2 tablespoons of coconut cream. Taste and season to your preference with salt and pepper. Bring to a boil and then reduce heat and simmer for 20 minutes or until the sauce is thickened. Turn off the heat.

### Prepare the Cauliflower Rice:

1. Melt the butter in a wide skillet over medium-high heat. Once melted and frothy, add the cauliflower rice and season with paprika, salt, and pepper. Cook, stirring regularly, for 6-8 minutes until the cauliflower rice begins to brown around the edges. Turn off the heat.

### To Serve:

1. Divide the cauliflower rice between bowls and spoon the curry chickpeas on top.

Garnish with microgreens or cilantro and a drizzle of reserved coconut cream.  
Enjoy!

## **Nutrition**

Calories: 481kcal | Carbohydrates: 67g | Protein: 24g | Fat: 15g | Saturated Fat: 5g |  
Cholesterol: 15mg | Sodium: 161mg | Potassium: 1139mg | Fiber: 19g | Sugar: 14g |  
Vitamin A: 2395IU | Vitamin C: 60mg | Calcium: 151mg | Iron: 7mg