



# Vegan Indian Curry

Servings: 4

## What you'll need



measuring spoons



measuring cups



pot



medium saucepan

## Ingredients

1 head of cauliflower, broken into florets

1 can chickpeas, drained

1 large onion, chopped

1 cup firm tofu, cubed

3 cloves garlic, crushed

1 inch cube ginger, grated

1 Tbsp ground coriander

1 Tbsp ground cumin

1 Tbsp garam masala

1 Tbsp chili powder (or more to taste)

14 oz (1 can) coconut milk

Handful fresh cilantro

4 cups spinach (optional)

## Directions

1. Cook cauliflower florets in a little boiling water for about 5 Minutes and then drain.
2. Cook the onion on a high heat in a pan with a little olive oil for 3-4 minutes.
3. Add garlic, and ginger. Cook for another minute.
4. Stir in the spices and add the coconut milk (14 oz), bring to a boil, then stir in the cauliflower and chickpeas (1 can).
5. Lower heat, cover pan, and cook for about 5 minutes on a low heat.
6. Add the tofu (1 cup) and stir in, then add spinach (if using) and stir until slightly wilted.
7. Serve with fresh cilantro.



## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **433**

**% Daily Value**

**Total Fat** 29.6g **45%**

Saturated Fat 19.8g **99%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 284mg **12%**

**Total Carbohydrate** 31g **10%**

**Dietary Fiber** 10g **38%**

**Sugars** 6g

**Protein** 20g **40%**

Vitamin A **74%**

Vitamin C **77%**

Calcium **57%**

Iron **47%**



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