

1-Pot Yellow Chickpea Cauliflower Curry

Prep: 5 minutes • Cook: 25 minutes

A creamy, vibrant yellow curry with cauliflower and chickpeas, rich with coconut milk, turmeric, and fragrant aromatics. Balanced sweet-salty heat makes for a comforting, weeknight-friendly dish in just 30 minutes.

Ingredients

- 2 Tbsp water or coconut oil
- 1/3 cup shallot (chopped)
- 4 cloves garlic (minced)
- 2 Tbsp fresh ginger (minced)
- 1 small serrano pepper (seeds removed, finely chopped)
- 3-4 Tbsp red or yellow curry paste
- 2 cups light coconut milk (canned)
- 1 tsp ground turmeric
- 1 Tbsp maple syrup (plus more to taste (or sub coconut sugar))
- 2 Tbsp coconut aminos (plus more to taste (or sub tamari or soy sauce))
- 1 cup cauliflower (chopped)
- 1 1/4 cups cooked chickpeas (rinsed and drained)
- as needed cooked rice, quinoa, or cauliflower rice (for serving (optional))
- as desired greens (for serving (optional))
- to taste cilantro (for garnish (optional))
- to taste red onion (diced, for garnish (optional))
- to taste lime wedges (for serving (optional))
- to taste sesame seeds (for garnish (optional))
- to taste avocado (sliced, for serving (optional))

Instructions

1. Heat a large pot or skillet over medium heat. Once hot, add the water or coconut oil, then the shallot, garlic, ginger, and serrano pepper. Sauté 2-3 minutes, stirring frequently.
2. Stir in the curry paste (start with the smaller amount). Cook 2 minutes more.
3. Add coconut milk, turmeric, maple syrup (or coconut sugar), and coconut aminos (or tamari/soy sauce). Stir and bring to a gentle simmer over medium heat.
4. Add the cauliflower and chickpeas, reduce heat to maintain a simmer (low to medium-low), cover, and cook 10-15 minutes, stirring occasionally, until the cauliflower is tender and the flavors meld. Avoid boiling.

5. Taste and adjust: add more coconut sugar/maple for sweetness, coconut aminos for saltiness, turmeric for earthiness, or curry paste for more spice.
6. Serve as is or over rice, quinoa, or greens. Garnish with sesame seeds, cilantro, lime wedges, and diced red onion as desired.
7. Store leftovers refrigerated up to 5 days or frozen up to 1 month. Reheat gently on the stovetop, adding coconut milk if needed.

Tags: Vegan, Gluten Free, Thai Inspired, One Pot, Curry, 30 Minutes

Recipe saved with Recipio - [recipio.app](#)