

Easy Yellow Cauliflower Chickpea Curry with Coconut Milk

Prep: 10 minutes • Cook: 23 minutes

A brothy, Thai-inspired yellow curry that marries sweet cauliflower and tender sweet potatoes with chickpeas in a rich coconut milk broth. Fragrant aromatics and mellow curry paste create a comforting, nourishing bowl with bright, cozy depth.

Ingredients

- 1 tablespoon coconut oil
- 1 large or 2 small shallots (thinly sliced (or substitute 1/2 red onion))
- 2 teaspoons fresh ginger (minced, about 1/2-inch piece)
- 3 to 5 cloves garlic (minced)
- 3 tablespoons yellow curry paste
- 4 cups cauliflower florets
- 2 cups sweet potato (1/2-inch diced (about 1 medium))
- 3 cups chickpeas (drained and rinsed if using canned (about 2 cans))
- 1 tablespoon light brown sugar
- 1 (15.5-ounce) can coconut milk (full-fat)
- 2 cups low-sodium vegetable broth
- 2 cups kale or spinach (chopped)
- 1 tablespoon soy sauce or tamari (plus more to taste)
- to taste cilantro (for serving (optional))
- to taste lime juice (for serving (optional))
- to serve cooked rice (optional)

Instructions

1. Warm the coconut oil in a large pot over medium heat. Add the shallot, garlic, and ginger; sauté for 2 minutes. Add the yellow curry paste and cook 1 to 2 minutes, stirring to combine with the aromatics.
2. Add the cauliflower, sweet potatoes, chickpeas, brown sugar, coconut milk, and vegetable broth. Stir well, scraping any browned bits from the bottom of the pot, then cover and bring to a boil over high heat.
3. Uncover, stir, reduce heat to medium, and simmer for about 10 minutes, stirring occasionally, until the sweet potatoes are fork-tender.
4. Stir in the soy sauce (or tamari) and kale; cook 3 to 5 minutes more. Taste and adjust with more soy sauce/tamari or sugar as needed.
5. Divide into bowls and serve with cooked rice, fresh cilantro, and a squeeze of lime. Store leftovers in an airtight

container in the refrigerator for up to 5 days.

Tags: Thai, Curry, One Pot, Weeknight Friendly

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