

# Spicy Baked Zucchini Chickpea Curry

Prep: 15 minutes • Cook: 30 minutes

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*A hands-off, one-pan baked curry where zucchini and onions caramelize with warming spices, then simmer with coconut milk, tomato, chickpeas, and spinach for a rich, spicy, and creamy finish.*

## Ingredients

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- 2 teaspoons oil
- 1 cup onion (chopped)
- 1 medium zucchini (sliced into 1/4-inch slices or cubes)
- 2 teaspoons hot sauce
- 1 tablespoon sambal oelek
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 to 2 teaspoons garam masala
- 1/4 teaspoon salt
- 2 tablespoons ginger garlic paste
- 8 ounces tomato puree (canned)
- 15 ounces full-fat coconut milk (canned)
- 1/2 teaspoon salt
- 15 ounces can chickpeas (drained)
- 1/2 cup spinach (frozen)
- to taste cilantro (for garnish)
- to taste lime juice (for garnish)

## Instructions

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1. Preheat the oven to 400°F (205°C). Lightly grease a 9×12-inch baking dish with the oil.
2. Add the chopped onion, sliced zucchini, hot sauce, and sambal oelek to the dish and toss well to coat.
3. In a small bowl, mix the ground coriander, ground cumin, garam masala, and 1/4 teaspoon salt. Sprinkle evenly over the zucchini mixture, toss, then spread it out in an even layer.
4. Bake for 10–14 minutes, until the onions are translucent and the edges begin to caramelize.
5. Remove the dish from the oven. Stir in the ginger garlic paste and tomato puree. Add the coconut milk, 1/2 teaspoon salt, chickpeas, and spinach; mix thoroughly and spread evenly.
6. Return to the oven and bake for 20–25 minutes (up to 30 minutes depending on your oven), until the sauce is bubbling and beginning to thicken.

7. Remove from the oven. Garnish with cilantro and a squeeze of lime juice. For a thicker curry, stir in a few tablespoons of non-dairy yogurt or nut butter while still hot.

8. Serve with toasted sourdough, garlic bread, naan, flatbread, rice, or roasted vegetables.

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**Tags: Indian, Curry, One Pan, Vegan, Gluten Free, Chickpeas**

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