

Braised Coconut Curry Chickpeas & Spinach

YIELD: Serves 8

INGREDIENTS

1 tablespoon coconut oil
1 large onion, diced
kosher salt
4 tablespoons curry powder
4 large cloves garlic, minced
ginger, minced
scallions
scotch bonnet pepper (optional)
2 cans chickpeas, drained and rinsed
10 oz baby spinach, washed and patted dry
coconut milk
cinnamon, ground or 1 cinnamon stick



INSTRUCTIONS

1. Heat the oil in a large, deep Dutch oven or heavy bottomed pot over medium-high heat.
2. Add the curry and onion, cook for about 5 minutes, or until the onion is beginning to brown. Add the garlic, ginger, scallions, and scotch bonnet pepper, if using. Cook for 3 minutes, stirring frequently.
3. Add the chickpeas and cook over high heat for a few minutes, or until the chickpeas are beginning to turn golden and they are coated with the curry mixture.
4. Toss in the spinach, one handful at a time. This will take about 5 minutes; stir in a handful or two and wait for it to wilt down and make room in the pot before adding the next handful. When all the spinach has been added, pour in the coconut milk and sprinkle a dash or 2 of cinnamon, or drop a cinnamon stick into the pot.
5. Taste and adjust seasonings as necessary.
6. Serve over brown rice or cornmeal and enjoy!