



# Healthy Plant-based Recipes:

## Peanut and Coconut Curry

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### Ingredients

- 2 tbsp olive oil
- 4 cloves garlic, crushed
- 5cm piece of ginger. Peeled and grated
- 2 tbsp tomato paste
- 2 tbsp Thai red curry paste
- 420g can no-added-salt chickpeas, drained and rinsed
- 350g roasted vegetables
- 400g can light coconut milk
- 2 tbsp smooth no-added-salt or sugar peanut butter
- 1 ½ tbsp Bragg's Liquid Aminos (healthier alternative to Soya Sauce)
- 1 tbsp honey, plus extra to taste
- 200 g baby spinach leaves
- Juice of 1 lime
- 2 tbsp of roasted unsalted peanuts finely chopped
- Small handful of coriander finely chopped
- 145g (2/3 cup) brown rice, cooked as per its directions

### Method

- Heat oil in a large frying pan, over a medium-high heat, add the garlic and ginger and cook stirring, for 1 minute.
- Stir in the tomato paste and curry paste, cook stirring for 4-5 minute or until it caramelizes and is fragrant.
- Stir in the chickpeas, roasted vegetables, coconut milk, peanut butter, bragg's sauce and honey.
- Bring to a simmer, stirring occasionally, for 10 minutes or until sauce thickens.
- Stir in spinach and cook for 4 minutes, or until it wilts.
- Stir in lime juice and season to taste.