

FOLDED HILLS

WINERY · RANCH · FARMSTEAD

BROCCOLI CHICKPEA CURRY

Ingredients:

- 5 cups broccoli florets
- 2 carrots, sliced into thin coins
- 1 can chickpeas, drained and rinsed
- 1 ¼ cups vegetable broth
- 1 can (15 oz) light coconut milk
- 2 cups spinach
- 1 tablespoon coconut or avocado oil
- 1 medium white onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- 2 teaspoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon ground ginger
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne powder
- 1 teaspoon kosher salt
- ¼ cup creamy peanut butter
- ½ a lime, juiced
- Rice to serve

Directions:

Step 1: Heat a medium sized saucepan over medium heat. Add the oil and onion, sauté until translucent. Add garlic, ginger, turmeric, ginger powder, curry powder, garlic powder and salt, cook for another minute.

Step 2: Add the carrots, broccoli, chickpeas, coconut milk and vegetable broth. Bring to a simmer and then cover and let cook for 10 minutes, or until broccoli is tender.

Step 3: Stir in the peanut butter and add the spinach. Stir until wilted. Add the lime juice into the curry and stir.

Step 4: Serve over rice, with lime wedges or some microgreens!



Pair with Lilly Rosé

Point phone camera at
QR Code for more info.

