



# QUICK & EASY CHICKPEA, TOFU AND SPINACH CURRY

30 minutes | yields 8 servings

## INGREDIENTS

1 tbsp coconut oil  
1 large yellow onion, finely chopped  
2 fairly large garlic cloves, center germ removed  
and crushed with a garlic crusher  
2 tbsp ( or more! ) fresh ginger, grated  
8 dried unsulfured apricots, diced  
3 heaped tbsp curry powder  
2 400ml. cans coconut milk  
1 can 520ml. + 1 can 400ml. chickpeas, drained and  
rinsed  
500 gr. firm tofu, patted dry and cut into cubes  
3 cups packed baby spinach  
2 tsp coarse sea salt

## SERVE WITH

a few sprigs of coriander  
a squeeze of lime juice  
basmati rice

## STEP BY STEP

Start by gathering, measuring, chopping, crushing, grating, draining, and cubing all of the ingredients. This will improve your dynamic in the kitchen.

1. Heat up the coconut oil in a wide pot on medium heat.
2. Add onion, garlic, ginger and apricots and sauté for a few minutes, until the onion is translucent and soft.
3. Add curry powder and mix it in well with the rest of the ingredients. Allow the spices to toast for a minute without letting them stick to the bottom of the pan.
4. Add the coconut milk and season with sea salt, mixing well.
5. Add the rest of the ingredients (except for the spinach), let it come to a boil and reduce heat to a low simmer. These are all ingredients that need only 5 to 8 minutes to heat up and absorb the flavours. By then, the coconut milk will also have reduced and become a creamy and velvety sauce.
6. Add the spinach leaves one cup at a time and mix them in right before turning off the heat. They will wilt down in a matter of seconds, and your curry will be ready to serve!



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