

Coconut Chickpea Curry

BY LIZA KOSHY | @LIZAKOSHY

This one-pot curry is a love letter to my multicultural heritage. It's a warm, comforting dish that's been blended together in my Germanic grandmother's pot, highlights my Indian father's flavors and is served with tortilla chips as my hometown-of-Texas twist. It's vegan, protein-packed and a celebrated soul food with similar iterations made by many cultures: Indian, Pakistani, Nigerian and more. I hail from the most diverse city in the nation: Houston, which has a food scene that's well-loved for its fusion. From Vietnamese-Cajun to Japanese-Mexican, I was raised to embrace the harmonic balance of several cultures on a single plate in such a melting-pot of a place. Food unites us all at one table to share space, break bread and transcend ourselves through flavorful storytelling.

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INGREDIENTS

2 tbsp coconut oil
1 medium red or yellow onion, diced
14 oz (400g) fresh or canned diced tomatoes
16 oz (454g) canned chickpeas, drained and rinsed
3 garlic cloves, minced
1½ tbsp garam masala
1 tsp curry powder
¼ tsp cumin
13.5 oz (383g) canned coconut milk
2 teaspoons coconut flour (optional, for thickening)
Juice of 1 small lime
Salt and pepper to taste

INSTRUCTIONS

01 Cook onions & tomatoes

In a deep pan over medium-high heat, add the coconut oil.

02 Add chickpeas & spices

Add the chickpeas, garlic, garam masala, curry powder, and cumin. Stir to combine.

03 Add coconut milk

Pour in the coconut milk and stir again. If using, add coconut flour to slightly thicken the curry. Bring to a boil, then reduce heat and simmer for 10–12 minutes. Add in the onions and tomatoes. Season with salt and pepper, then stir to combine. Lower heat to medium and cook for about 10 minutes, until tomatoes break down and onions soften.

04 Serve & enjoy

Taste and adjust seasoning as needed. Remove from heat and squeeze lime juice over the top. Stir, let cool slightly, and serve warm.