

Coconut Chickpea Bowl

Bowl Coco-Pois Chiches

25 min

Easy

420 kcal per serving

Lunch

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Chickpeas (<i>Pois chiches</i>)	250 g
Coconut milk (<i>Lait de coco</i>)	200 ml
Spinach (<i>Épinards</i>)	100 g
Brown rice (<i>Riz complet</i>)	80 g
Curry powder (<i>Poudre de curry</i>)	2 tsp

Nutrition facts

PER SERVING

Calories	420
Protein	16 g
Carbohydrates	48 g
Fat	18 g
Fiber	10 g

Preparation

- 1 Rinse the brown rice, then cook it in salted water according to the package directions until tender. Drain any excess water if needed.
- 2 While the rice cooks, pour the coconut milk into a small pot and stir in the curry powder.
- 3 Warm the coconut milk mixture over medium heat, stirring until smooth and hot but not boiling.
- 4 Add the chickpeas to the pot and simmer for a few minutes so they absorb the curry flavor.
- 5 Add the spinach and stir just until wilted and tender.
- 6 Taste and season with salt and pepper if needed, then spoon the rice into bowls and top with the coconut chickpea mixture.

GOOD TO KNOW

If the sauce seems too thick, loosen it with a splash of water while simmering.