

Thai Red Creamy Chickpea & Cauliflower Curry | Vegan & Gluten Free

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Nothing beats a rich, creamy, and flavor-packed curry for a comforting meal, and this Thai Red Chickpea & Cauliflower Curry is no exception! 🌿🍲

Made with fragrant spices, creamy coconut, and hearty chickpeas, this dish is the perfect balance of warmth, depth, and nourishment. It's simple to make and incredibly satisfying.

The chickpeas add a dose of protein, while cauliflower soaks up all the bold Thai flavors. A touch of turmeric, cumin, and coriander boosts both taste and health benefits, while fresh cilantro add the perfect finishing touch. Served over fluffy vegetable broth rice, this meal is pure comfort in a bowl.

Get ready to enjoy a restaurant-quality curry—right from your own kitchen! ✨🌟

Let's get into it...

Thai Red Creamy Chickpea

& Cauliflower Curry

Serves 12

Ingredients

CURRY

- 2 large Red Onion (roughly chopped)
- 2 tbsp Fresh Ginger (minced)
- 12 Garlic Cloves (minced)
- 4 tbsp Thai Kitchen Red Curry Paste
- 4 tbsp Tomato Puree
- 1 head of Cauliflower (cut into small florets)
- 4 cups Vegetable Stock
- 2 cups Coconut Cream
- 2 cans Chickpeas (drained)
- Dry Seasonings:
 - Sea Salt

- 2 tsp Turmeric
- 2 tsp Cumin
- 2 tsp Ground Coriander
- Optional Garnish
 - 1 cup Toasted Cashew Nuts
 - Fresh Cilantro

SIDE

- 3 cups White Rice
- 3 ½ cups Vegetable Stock
- 1 tbs Coconut Oil

Instructions

CURRY

1. Prepare all ingredients to sizes listed above.
2. Place a large saucepan over medium heat.
3. When the pan is hot add the onion, garlic, and ginger - cook for 5 minutes - stirring often. Cook until these ingredients are golden for a powerful flavor.
4. Add the Thai kitchen red curry paste, turmeric, cumin and coriander - then cook whilst stirring for another 3-4 minutes to let the spices roast and release their aroma.
5. Add the tomato puree and cook for 1 more minute before adding the cauliflower and stir well.
6. Deglaze the pan with the vegetable stock and stir well - then allow the mixture to come to a simmer.
7. Let the curry simmer for approx 12 minutes - then add the coconut cream and chickpeas.
8. Let the curry cook for another 5 minutes over a very low heat.

SIDE RICE

1. Add the vegetable stock to a pot and bring to a boil.
2. Once boiling, add the white rice and coconut oil then stir.

3. Reduce to a simmer and let cook for 13 minutes or until most of the liquid is gone.
4. Then turn off the heat and let sit for another 5 minutes until soft and fluffy.

SERVING

1. Add a cup of cooked rice to a bowl, then pour a cup of curry around the rice.
2. Garnish with roasted cashews and cilantro.