



CURRIED CHICKPEAS & SPINACH WRAP

COOK LEVEL: Beginner

COOK TIME: 20 minutes

PREP TIME: 10 minutes

SERVINGS: 6

INGREDIENTS

- 2 tbs coconut oil
- 1 onion, medium dice
- 2 carrots, medium dice
- 4 garlic cloves, minced
- 3 stalks scallions, sliced thin
- 2 tsp curry powder
- 2 tsp turmeric
- 1 tsp cinnamon
- 2 cans chickpeas, rinsed
- Sea salt to taste
- ¼ cup raisins
- ½ tsp apple cider vinegar
- ⅓ cup coconut milk
- ¼ cup cilantro, chopped
- Baby spinach, a handful

DIRECTIONS

1. In a large sauté pan, over medium heat, combine the oil, onions and carrots. Once it becomes fragrant, add the chickpeas. Cover and let cook for about 5-7 minutes, stirring occasionally.
2. Then add in the garlic, scallions and spices and sauté for another 5 minutes. Taste and adjust the flavors as needed.
3. Salt and add in the raisins, apple cider vinegar, coconut milk, herbs and spinach. Simmer for a few minutes, until the spinach has wilted. Taste and adjust the flavors as needed.
4. Serve with roti, tortillas, on cabbage wraps, over brown rice or right out of the pot with a spoon!

FOR SERVING

Tortillas/ roti/ or cabbage leaves

SUPPLIES

- Cutting board
- Knife
- Large saute pan
- Wooden spoon

INGREDIENT SUBSTITUTIONS

Ingredient	Substitution
Produce (aromatics: garlic, onions, carrots, scallions)	Ginger, bell peppers, celery (and if you only have a little of some items add a little more of the others)
Chickpeas	Garbanzo beans, navy beans, great northern beans, butter beans
Acid (apple cider vinegar)	Lemon, white wine vinegar, white wine
Herbs (cilantro)	Fresh thyme, rosemary, or parsley
Fat (coconut oil)	Extra virgin olive oil, butter, avocado oil

Recipe created by:

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