



Chickpea and Vegetable Yellow Curry with Coconut Rice

Serves 6

Ingredients

- 1 tablespoon olive oil
- 1 (15.5 ounce) can Meijer Garbanzo Beans, drained and rinsed
- 1 small yellow onion, diced
- 3 peeled garlic cloves, minced
- 1 red bell pepper, diced
- 1 small head cauliflower, cut into florets
- 2 (11.5 ounce) jars Frederik's by Meijer Yellow Curry Simmer Sauce
- Juice of 1 lime
- 3 green onions, sliced
- 1 tablespoon chopped fresh cilantro leaves

Method

1. Heat olive oil in a large skillet over medium-high heat. Add garbanzo beans, yellow onion and garlic and cook for 3 minutes, or until onions are lightly softened.
2. Add bell pepper and cauliflower and cook for 5 minutes longer, stirring occasionally.
3. Add yellow curry sauce and bring to a simmer; reduce heat to low, cover and cook for 15 minutes to allow the flavors to marry.
4. Right before serving, stir in lime juice, green onion and fresh cilantro. Serve over coconut rice.

Note: This curry dish tastes even better if it's prepared the day before. To reheat, simply place the curry in a saucepan and warm over medium heat, stirring occasionally.

Coconut Rice

- 1 (13.5 oz) can Meijer Premium Coconut Milk
- 1 cup water
- 1 tablespoon Meijer Refined Coconut Oil
- ½ teaspoon kosher salt
- Pinch sugar
- 2 cups Meijer Jasmine Rice

Method

Place all ingredients in a saucepan and bring to a boil. Reduce heat to low, cover and continue to cook for 15 minutes, or until rice is tender. Remove pan from heat and let stand for 10 minutes. Fluff with a fork and serve.