Coconut Curry Chickpeas

Servings: 2–3   **Prep Time:** 5 minutes   **Cook Time:** 15 minutes   **Total Time:** 20 minutes

These coconut curry chickpeas are a fast, comforting plant-based meal made with pantry staples and bold flavor. Creamy coconut milk, fragrant curry paste, and tender chickpeas come together in one pan in just 20 minutes, making this an ideal option for busy weeknights, meatless meals, or budget-friendly dinners.

This recipe is naturally vegan, flexible, and satisfying enough to serve on its own or over your favorite grain.

Why You'll Love This Recipe

- Ready in 20 minutes from start to finish
- One-pan meal with minimal cleanup
- Naturally vegan & dairy-free
- Budget-friendly using canned chickpeas
- Easy to customize with vegetables or spice level

Ingredients

- 1 can chickpeas, drained and rinsed (15 oz)
- 1 cup coconut milk
- 1 Tbsp curry paste (red or yellow)
- 1 cup fresh spinach
- 1 Tbsp oil (coconut or vegetable)
- Optional: salt, lime juice, cilantro

Ingredient Notes & Substitutions

Curry paste: Red curry is spicier; yellow curry is milder and slightly sweet.
Coconut milk: Full-fat is creamiest; light coconut milk works for a lighter sauce.
Chickpeas: Canned are convenient; cooked dried chickpeas also work.
Spinach: Baby spinach wilts quickly; kale or Swiss chard may need extra time.

Instructions

1. **Step 1: Prepare the curry base**
   Heat oil in a pan over medium heat. Add curry paste and cook 1 minute, stirring constantly, until fragrant.
2. **Step 2: Simmer the curry**
   Add chickpeas and coconut milk. Stir until smooth. Simmer 10 minutes, stirring occasionally, until sauce thickens.
3. **Step 3: Add the greens**
   Stir in spinach and cook 1–2 minutes until wilted.
4. **Step 4: Taste & serve**
   Adjust seasoning with salt, lime juice, or chili flakes. Serve hot over rice, quinoa, naan, or potatoes.

Tips for Best Results

- Stir occasionally to prevent coconut milk from sticking or separating
- Add water or broth if sauce thickens too much
- Let curry rest 5 minutes off heat to deepen flavors

Storage & Reheating

Refrigerator: Store up to 4 days in airtight container.
Reheat: Warm gently; add splash of coconut milk or water if needed.

Variations & Add-Ins

- Add bell peppers, peas, or zucchini with chickpeas
- Stir in cubed potatoes and simmer longer for a heartier meal
- Add garlic or grated ginger when cooking curry paste
- Finish with a swirl of coconut cream for extra richness