

Chickpea Korma

Makes 9 cups | Active Time: 35 minutes | Total Time: 35 minutes

Swick

Chef's Notes

Suggested adult serving: 3 cups; ½ cup

Store any leftover korma in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Soaked Cashews: Soak cashews in batches and freeze in portions to save time!

To quick soak, soak cashews in very hot water for 15 minutes. Drain the soak water and rinse the nuts. Place in airtight container. Chill for a few days until ready to use or a few months in the freezer.

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: Make the Korma

- 1/2 cup brown rice rinsed & drained (≈1 1/2 cups cooked rice)
- 1/2 cup raw, unsalted cashews, soaked
- 3/4 yellow onion chopped (≈3/4 cup)
- 4 1/2 cloves garlic minced (≈1 1/2 tablespoons)
- 1 tablespoon fresh ginger, grated
- 1 1/2 (15-oz) cans low-sodium diced tomatoes with the juice
- 1 1/2 (15-oz) cans chickpeas drained & rinsed (≈2 1/4 cups)
- 1 1/2 teaspoons mild curry powder
- 3/4 teaspoon ground cumin
- 2 dashes cayenne pepper (optional)
- 1 1/4 cups unflavored plant milk
- 3 oz kale stemmed & thinly sliced (≈3 cups)
- 7 1/2 oz frozen green peas (≈1 1/2 cups)
- freshly ground black pepper
- sea salt
- 3 tablespoons fresh cilantro (optional) chopped

PREPARE GRAINS

In a saucepan over high heat, bring rice and 1 cup water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.

SOAK CASHEWS

Meanwhile, in a bowl, soak cashews in very hot water for 15 minutes. Drain the soak water and rinse the nuts.

SAUTÉ AROMATICS

In a stockpot over medium heat, cook onions, garlic, and ginger, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

START KORMA

Add tomatoes with their juices, chickpeas, curry powder, cumin, and cayenne (if using) to stockpot. Stir well, then continue to cook over medium heat for 5 minutes.

BLEND CASHEWS

In a high-powered blender (or food processor), process soaked cashews and plant milk until smooth.

FINISH KORMA

Transfer blended cashews to stockpot, along with kale and peas. Cook until vegetables are tender, 5 to 10 minutes. Season with salt and pepper to taste.

SERVE

Serve over brown rice. Sprinkle with cilantro, if desired.