

Coconut Braised Chickpeas w/ Spinach & Sun-Dried Tomatoes

Swick

Serves 2 to 3 | Active Time: 30 minutes | Total Time: 45 minutes

Step 1: Starting the Dish

- 1 yellow onion, finely diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1 lemon, zested and squeezed
- 1/2 cup sun-dried tomatoes, julienned*
- 2 cups cooked chickpeas (1 - 15 oz can)
- 1/2 tsp chili flakes, or to taste
- 1 tbsp oil*

Note: If using sun-dried tomatoes packed in oil, make sure to drain them first. Also, if desired, omit the oil and dry-sauté the onions with a bit of vegetable stock or water.

To cook the dish, heat a large Dutch oven or deep sauté pan over medium heat and then add the oil, followed by the onions and a good pinch of salt. Let the onions sweat for about 10 minutes or until translucent (in this case, a bit of color is fine). Once soft, add the garlic and ginger and let cook for another minute or so. Add the sun-dried tomatoes, lemon zest, and chili flakes. Let cook for another minute or so.

Next, add the chickpeas and stir to coat in the tomato mixture. At this point, turn up the heat slightly and sort of fry the chickpeas a bit. Keep an eye on them though so they don't scorch. You just want them to have a little color. This should only take a few minutes.

Step 2: Adding the Spinach

- 1/2 lb fresh spinach*

Once the chickpeas are heated through, turn the heat down slightly and start to add the spinach, a handful at a time.

Note: If using baby spinach you can add it as is. If you are using regular spinach, you will want to remove any large/thick stems and then chop or tear it up a bit.

Once the first bunch of spinach has started to wilt, add in the next handful. Continue to gently fold the ingredients together until all of the spinach has been added.

Step 3: Finishing the Dish

- 1 - 14 oz can coconut milk
- 1 tsp ground ginger
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/2 bunch cilantro

To finish the dish, add the coconut milk and bring to a simmer. Stir to combine and then add the ground ginger and a bit of the reserved lemon juice. Taste for seasoning. Add more lemon juice, salt and/or pepper as needed. While this dish is meant to be a bit lemony, the amount of lemon juice ultimately comes down to personal preference.

Once everything has heated through, serve immediately. The spinach will start to lose its color and it won't look as nice. Serve it with brown rice or any grain of your choice. Garnish each plate with a healthy serving of fresh cilantro and enjoy!

Chef's Notes

You can add additional spices to this dish. For instance, if you are in the mood for curry flavors, try adding 1 to 2 teaspoons of curry powder or a nice masala mix. When adding spices, add them after the ginger and garlic. For added texture, you could also add ingredients such as water chestnuts or nuts at the end. Feel free to experiment to see what delicious combinations you come up with.