French Cuisine

MADE SIMPLE

French stew : Curry coco carrots, kale, and chickpeas

5 people.   10 mins prep time   45 mins total time   Easy

INGREDIENTS

Starters to sauté

- 1 onion diced

- 3 garlic cloves diced

- 4 carrots cut in thinner round slices

- ½ teaspoon of fresh or powered ginger

- 1/2 tsp cumin   1,5 tsp curry
- 1 tsp curcuma   ½ tsp red pepper
- 1.5 tsp salt   ½ tsp pepper

Fillers for slow cook

- 1 ¼ cup (300 mL) of broth (or just use water)

- 200 mL of high fat coconut cream

- 500 g of canned chick peas

- 3 large handfuls of fresh spinach or kale

Extra: Eat this with a side of fresh bread or on top of jasmine rice.

DIRECTIONS

1. Sauté the onions in a large pot.

2. Add the rest of the "Starters to sauté" to the pot, mixing.

3. Let cook on medium low heat, for about 10 minutes stirring occasionally.

4. Add the broth and coconut cream, mix.

5. Add the chick peas and greens, mix.

6. Cook on low heat for about 20-30 minutes, stirring every 10 minutes.

7. Taste and adjust seasonings as needed. If you feel there is not enough liquid, then feel free to add more water, coconut cream, or broth. This is not a soup style recipe so there should not be a lot of liquid like a normal soup.

8. Serve as a stew with a side of bread for dipping or over some jasmine rice.

Bon Appetit!
Emilie Anne ♡