



Eggplant Chickpea Curry

Few flavor combinations make me happier than the joining of chickpeas and coconut. This recipe incorporates both, and adds several vegetables and spices to enrich the taste. This dish will keep in the fridge for days and makes great leftovers to take to work for lunch (or breakfast). Have fun!

Ingredients

- 1 eggplant, chopped
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 tsp olive oil, or 1 tbsp veggie broth, water or white wine
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp ground (or fresh) ginger
- 1 tsp curry powder
- 1/2 tsp cardamom (optional)
- 1/2 tsp salt
- 1 19 oz can chickpeas, rinsed and drained (about 2 cups cooked)
- 1 cup broccoli, chopped
- 1 bell pepper, chopped
- 1 large tomato, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 can coconut milk
- 1/4-1/2 tsp salt, to taste
- 2 Tbsp toasted sunflower seeds

Directions

Sauté the eggplant, onion and garlic in the oil (veggie broth, water or white wine, depending on your preference)

Once the onions have softened, add the cumin, coriander, ginger, curry powder and cardamom (if desired) and a pinch of salt

Add the chickpeas to the pan, and stir thoroughly until the chickpeas are completely infused with the spices.

Stir in the broccoli, pepper, tomato and parsley and a pinch of salt and cook for a few minutes, making sure that the veggies don't overcook

Stir in the coconut milk and a touch of salt. Top with toasted sunflower seeds and serve

If you want to watch the video again. Click [here](#).