

# Chickpea (Garbanzo) & Cashew Curry

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## Ingredients

1 small brown or red onion  
2 carrots  
1 zucchini  
1½ cups cooked chickpeas (or one can, rinsed and drained)  
1 bunch kale, thinly sliced  
¼ red cabbage, thinly sliced  
1 red chilli, seeds removed, sliced  
½ teaspoon salt  
Freshly ground black pepper, to taste  
½ bunch basil, torn  
½ bunch coriander (cilantro), torn  
1 tbsp coconut oil

### For the Cashew Sauce

1 cup of cashew nuts, soaked overnight or for a minimum of 4 hours (unless you have a high power blender like a Vitamix)  
1 clove of garlic  
1 cup of vegetable stock

## Instructions

- 1) First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2) Put these into a large bowl with the kale, cabbage, chilli and the salt, pepper and if the coconut oil is liquid, mix this all together with the oil with your hands
- 3) Now gently cook these ingredients in a pan with the coconut oil (if you've already mixed through you don't need to add more - if your oil is solid i.e. it's cold where you live you can add it now to the pan)
- 4) Let this cook gently for 4-5 minutes and while this is happening, prepare the cashew dressing by blending the cashews, garlic and stock.
- 4) Finally, mix the sauce into the pan and get everything coated - serve gently warm.