

# Peanut Coconut Cauliflower Curry



## INGREDIENTS

½ Tbsp. coconut oil  
3 cloves garlic, minced  
1 Tbsp. ginger  
2 stalks green onions, diced  
1 large carrot, thinly sliced  
1 small head cauliflower, broken into florets (3-4 cups)  
1 15-oz. can lite coconut milk  
1/3 cup chicken broth  
2 Tbsp. yellow curry paste  
2 Tbsp. natural creamy peanut butter  
½ Tbsp. shoyu  
½ tsp. ground turmeric  
½ tsp. cayenne pepper  
½ tsp. salt  
1 red pepper, julienned  
1 15-oz. can chickpeas, rinsed and drained

### For serving

Green onions  
Chopped peanuts  
Brown rice

## INSTRUCTIONS

In a large pan over medium-high heat, add coconut oil, garlic, and ginger and cook for 30 seconds. Add green onion, carrot, and cauliflower florets and sauté for 3-5 minutes until cauliflower is slightly golden brown.

Add the rest of the ingredients and stir to combine. Simmer over medium-low heat for 10 minutes. Divide into bowls and garnish with green onions and chopped peanuts. Serve with brown rice. Makes 4 servings.

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