

Shrimp Curry with Chickpeas and Cauliflower

Prep time: 10 minutes

Cooking time: 40 to 45 minutes

Yield: 4 servings

Ingredients:

1 tablespoon	organic extra-virgin coconut oil
1	yellow onion, halved and thinly sliced
1	fennel bulb, trimmed, halved, and thinly sliced
2 tablespoons	chopped fresh ginger
2 tablespoons	coconut liquid aminos
1 tablespoon	red curry paste
	pink salt
2 cups	organic vegetable broth
1 can (13 -14 ounces)	light coconut milk
½ head	organic cauliflower, cut into florets
1 can (15 to 16 ounces)	chickpeas, drained
12 ounces	medium-sized shrimp, peeled and deveined
4 cups	raw organic baby spinach, washed and thoroughly dried

Directions:

In a large sauté pan, heat coconut oil over medium heat. Add the sliced onion and fennel and sauté until they begin to turn tender, about 6 minutes. Add the ginger, aminos, curry paste, and salt to taste. Cook, stirring, for about 2 minutes. Stir in the broth and coconut milk. Bring to a boil, then reduce the heat and simmer for 20 minutes.

Add the cauliflower and chickpeas. Cook until the cauliflower is tender, 10 to 15 minutes. Stir in the shrimp and cook for 5 minutes. Taste and adjust the seasonings with more salt, if needed.

Place 1 cup of spinach in each of 4 individual serving bowls. Evenly spoon the vegetables, shrimp, and sauce. Serve immediately.

You can also serve this over brown rice.