



Makes 3 cups curry + 1½ cups rice
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

½ cup brown rice, rinsed and drained (1½ cup cooked)

1 (15-oz) can chickpeas, drained and rinsed

1 medium zucchini, cut into matchsticks

1 red bell pepper, sliced

2 scallions, thinly sliced

½ 14-oz. can light coconut milk (¾ cup)

1½ tablespoons fresh lime juice

1½ tablespoons almond butter

2¼ teaspoons grated fresh ginger

¾ teaspoon low-sodium soy sauce (or tamari or liquid aminos)

1 teaspoon red curry paste

1 clove garlic

¼ sea salt, plus more to taste

1 pinch crushed red pepper flakes (optional)

1½ tablespoons fresh basil, finely chopped (optional)

1 lime cut into wedges

Thai Chickpea-Almond Curry

Dig into this warming bowl of curry on a cold night. Fresh veggies and hearty **chickpeas** are baked in a velvety almond butter sauce that turns up the heat with Thai spices. Served over brown rice and topped with fresh basil and lime juice, this easy recipe will quickly become an all-time favorite in your household.

This recipe is from Forks Meal Planner, which features more than 1,000 exclusive recipes and customizable weekly meal plans to simplify healthy plant-based eating. [Try Forks Meal Planner for free today.](#)

By Dreena Burton

- 1 Preheat the oven to 425°F. In a saucepan over high heat, bring rice and 1 cup water to boiling. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.
- 2 Meanwhile, in a high-powered blender (or a food processor), combine coconut milk, lime juice, almond butter, ginger, soy sauce, curry paste, garlic, and salt (alternatively, use an immersion blender and a deep cup). Purée until smooth.
- 3 Pour almond curry into a baking dish and stir in pepper flakes (if using). Add chickpeas, zucchini, bell peppers, and scallions, and stir well. Cover dish with aluminum foil and bake for 25 minutes. Remove foil, stir, and bake, uncovered, for 5 to 8 minutes more. (Remove once it starts to thicken—you don't want it to become pasty.)
- 4 Season curry with a few pinches of salt to taste, if desired. Serve curry over rice, topped with basil, if desired, alongside lime wedges.